University of Birmingham

Dr Andrew Soundy

Lecturer in Physiotherapy

School of Sport, Exercise and Rehabilitation Sciences (/schools/sport-exercise/index.aspx)

Contact details

Telephone +44 (0)121 414 8385 (tel:+44 121 414 8385)

Fax skype: andy.soundy1

Email a.a.soundy@bham.ac.uk (mailto:a.a.soundy@bham.ac.uk)

Twitter @Andy_Soundy (http://twitter.com/@Andy_Soundy)

School of Sport, Exercise and Rehabilitation Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK

About

I have worked at the University of Birmingham since August 2005. I mainly teach research method modules and lead the dissertation module for the BSc Physiotherapy programme.

I have two major research interest including: (1) the bio-psychosocial benefits of physcial activity for individuals with Severe Mental Illness and (2) the concept of hope within patients who have chronic Neurological illnesses.

Feedback and office hours

Individual appointments can be made via email and appointments will be grouped together where possible to avoid disruption to research activities.

No appointment (open door policy) is required for personal tutees experiencing any kind of difficulty whilst at University.

Qualifications

- PhD 2006 Understanding physical activity in individuals with severe and enduring mental illness Exeter University
- BSc 2002 Exercise and Sports Science degree Exeter University

Teaching

I teach on the BSc & MSc (pre and post registration) physiotherapy courses. He is the module leader for 1 modules and has teaching requirements on other modules:

Module Leads

1. Dissertation Module – Undertaking a co-ordinators role for the module, providing support for equipment use and statistical support as well as qualitative data analysis support to level 3 physiotherapy students.

Other modules

1. Neurological Practice – Considering the importance of illness narratives for physiotherapists

2. Research 1 & 2 – assisting with the teaching of the module.

3. Research Methods Distance Learning

4. MSc (pre-registration module) Physiotherapy

Postgraduate supervision

I have several MRes students, one MPhil student and one PhD student currently.

Doctoral research

PhD title Understanding Physical Activity in Individuals with Severe Mental Illness

Research

RESEARCH THEMES

Clinical Trials, Health Services Research, Mental Health

My research focuses on two key areas:

1. Considering the benefits of physical activity on individuals with severe and mental health problems.

2. Considering hope and adjustment in patients with a chronic neurological illness

RESEARCH DEGREE EXAMINATIONS (n)

MPhil examinations (3), PhD examination internal (1), PhD examination Chair (1).

CURRENT EXTERNAL RESEARCH RELATED ACTIVITES

Reviewer for seventeen journals: (1) Psychiatric Services (2) Sports Psychologist (3) Qualitative Research for Sport Exercise and Health (4) Physiotherapy Theory and Practice (5) Psychology and Health (7) Journal of Applied Sport Psychology (8) Psychiatric Research (9) Revista Colombiana de Psicologia (9) Mental Health and Physical Activity (10) British Journal of Psychiatry (11) International Review of Sport and Exercise Psychology (12) Psychology of Sport and Exercise (13) Physiotherapy (14) Clinical Rehabilitation (15) Neurology (16) Open Journal of Therapy and Rehabilitation (17) International Journal of Therapy and Rehabilitation

Reviewer for four grant providing organisations: (1) Dunhill Medical Trust (2) Arthritis UK (3) National Institute of Health Research – Research for Patient Benefit Scheme. (4) Multiple Sclerosis society

Reviewer for conference presentations: Chartered Society of Physiotherapy 2013 national conference.

Editor of the Open Journal of Therapy and Rehabilitation 02/02/2014 - date

Key note Conference speeches: (1) 5th National Conference for the Italian Multiple Sclerosis Society, Genova, 18th of October, 2013. (2) British Society of Rehabilitation Medicine, Birmingham 22nd of November, 2013.

Other activities

I am the director of a a charity called Action After Stroke.

Publications

Stubbs et al (in press). The prevalence of pain in bipolar disorder: A systematic review and large scale meta-analysis. Acta Psychiatrica Scandinavica

Soundy et al. (in press). The value of social support to encourage people with schizophrenia to engage in physical activity: An international insight from specialist mental health physiotherapists. Journal of Mental Health.

Stubbs, B et al. (in press). What are the factors associated with physical activity participation in community dwelling adults with dementia? A systematic review of physical activity correlates. Archives of Gerontology and Geriatrics.

Dandridge, T., Stubbs, B., Roskell, C., Soundy, A. (in press). 'A Survey of UK Physiotherapy Students' Educational Experiences, Personal Experiences and Attitudes Towards Treating Individuals with Mental Illness. International Journal of Therapy and Rehabilitation, 19:3.

Stubbs et al (in press). A meta-analysis of prevalence estimates and moderators of low bone mass in people with schizophrenia. Acta Psychiatrica Scandinavica.

Vancampfort et al (in press). Self-determination and stage of readiness to change physical activity behaviour in schizophrenia. Mental Health & Physical Activity

Vancampfort, D., Probst, M., Adriaens, A., Pieters, G., De Hert, M., Stubbs, B., Soundy, A., Vanderlinden, J. (2014). Changes in physical activity, physical fitness, self-perception and quality of life following a 6-month physical activity counselling and cognitive behavioural therapy program in outpatients with binge eating disorder. Psychiatry Research.

Soundy, A., Stubbs, B., Liles, C., Roskell, C. A. (in press). Identifying a framework for hope in order to establish the Importance of generalised hopes for individuals who have suffered a stroke. Advances in Medicine.

Vancampfort, D., De Hert, M., Stubbs, B., Probst, M. (in press). Metabolic syndrome and lung function in schizophrenia: a pilot study. Psychiatry Research

Soundy, A., Sayers, J., Stubbs, B., Roskell, C. (2014). Don't take my hope away: Understanding the Patient's Hope in Neurological Rehabilitation. International Journal of Therapy and Rehabilitation, 21 (6): 257-258

Soundy, A., Stubbs, B., Freeman, P., Coffee, C., Roskell, C. (2014). Factors influencing patients' hope in stroke and Spinal Cord Injury: A Narrative Review. International Journal of Therapy and Rehabilitation, 21 (5): 210-230.

Soundy, A., Roskell, C., Stubbs, B., Collett, J., Dawes, H., Smith, B. (2014). Do you hear what your patient is telling you? Understanding the meaning behind the narrative. Wayahead, 18:10-13.

Stubbs, B., Soundy, A., Probst, M., Parker, A., Skjaerven, L. H., Gyllensten, A. L., Vancampfort, D. (2014). Addressing the disparity in physical health provision for people with schizophrenia: an important role for physiotherapists. Physiotherapy

Stubbs, B., Soundy, A., Probst, M., De Hert, M., Vancampfort, D. (2014). The assessment, benefits and delivery of physical activity in people with schizophrenia: A survey of members of the International Organisation of Physical Therapists in Mental Health (IOPTMH)" Physiotherapy Research International, .

Soundy, A., Stubbs, B., Probst, M., Hemmings, L., Vancampfort, D. (2014). Barriers to and facilitators of physical activity among persons with schizophrenia: A survey of physical therapist. Psychiatric Services.

Soundy, A., Roskell, C., Stubbs, B., Vancampfort, D; 2014; Selection, Use and Psychometric Properties of Physical Activity Measures to Assess Individuals with Severe Mental Illness; a Narrative Synthesis. Achieves of Psychiatric Nursing

Stubbs, B., Soundy, A., Probst, M., De Hert, M., De Herdt, A., Vancampfort, D; 2014; Understanding the role of physiotherapists in schizophrenia: An International perspective from members of the International Organisation of Physical Therapists in Mental Health (IOPTMH). Journal of Mental Health; in press; estimated contribution.

Vancampfort, D., De Herdt, A., Vanderlinden, J., Lannoo, M., Soundy, A., Pieters, G., Adrianens, A., De Hert, M., Probst, M; 2014; Health related quality of life, physical fitness and physical activity participation in treatment-seeking obese persons with and without binge eating disorder; Psychiatry Research; S165-S178.

Vancampfort, D., Probst, M., Stubbs, B., Soundy, A., De Herdt, A., De Hert, M; 2014; Associations between spirometry parameters and limitations in daily life activities in patients with schizophrenia. General Hospital Psychiatry, DOI:10.1016/j.genhosppsych.2013.11.00

Stubbs, B., Probst, M., Soundy, A., Parker, A., De Herdt, M., Mitchell, Vancampfort, D; 2014; Physiotherapists can help implement physical activity programmes in

clinical practice. Letter to the Editor, British Journal of Psychiatry accessed online at **http://bjp.rcpsych.org/content/190/1/81.2/reply#bjprcpsych_el_54902 (http://bjp.rcpsych.org/content/190/1/81.2/reply#bjprcpsych_el_54902)** .

Hawkins, C., Coffee, C., Soundy, A; 2014; Considering how athletic identity assists adjustment to spinal cord injury; a qualitative study; Physiotherapy; in press

Hole, E., Stubbs, B., Roskell, C., Soundy, A; 2014; The patient's experience of the psychosocial process that influences identity following stroke rehabilitation: a meta-ethnography. The Scientific World Journal; **http://www.hindawi.com/journals/tswj/2014/349151/ (http://www.hindawi.com/journals/tswj/2014/349151/)**

Blagden, S., Kingstone, T., Soundy, A., Lee, R., Singh, S., Roberts, L; 2014; A comparative study of the quality of life in irritable bowel syndrome and inflammatory bowel disease. Gastroenterology Nursing; in press

Castle, D., Stubbs, B., Clayton, S., Soundy, A; 2014; Establishing the Views, Understanding and Training Needs of Multi-Disciplinary Team Members That Refer to the 24 Hour Postural Care Service on Behalf of Individuals with Profound and Multiple Learning Disabilities and Postural Care Needs; International Journal of Therapy and Research; 21; 132-139

Vancampfort, D., De Hert, M., De Herdt, A., Soundy, A., Stubbs, B., Bernard, P., Probst, M. (2013). Associations between perceived neighbourhood environmental attributes and self-reported sitting time in patients with schizophrenia: a pilot study. Psychiatry Research; 30; 33-38

Vancampfort, D., Probst, M., De Hert, M., Soundy, A., Stubbs, B., Stroobants, M., De Herdt, A; 2013; Neurobiological effects of physical exercise in schizophrenia: a systematic review; Disability and Rehabilitation; in press

Soundy, A., Wampers, M., Probst, M., De Hert, M., Stubbs, B., Vancampfort, D; 2013; Physical Activity and Sedentary Behaviour in Outpatients with Schizophrenia: A Systematic Review and Meta-Analysis; International Journal of Therapy and Rehabilitation; 20; 588-596

Vancampfort, D., De Hert. M., Vansteenkiste, M., De Herdt, A., Scheewe, T. W., Soundy, A., Stubbs, B., Probst, M; 2013. The importance of self-determined motivation towards physical activity in patients with schizophrenia. Psychiatry Research; 210: 812-818

Vancampfort, D., Vanderlinden, J., De Hert, M., Soundy, A., Adamkova, M., Skjaerven, L . H., Matamoros, D. C., Lundvik-Gyllensten, A., Conesa, A. G., Probst, M; 2013; A systematic review of physical therapy interventions for patients with anorexia and bulimia nervosa; Disability and Rehabilitation

Vancampfort, D., De Hert, M., De Herdt, A., Vanden Bosch, K. Soundy, A., Bernard, P. P., De Wachter, D., Probst, M; 2013; Associations between physical activity and the built environment in patients with schizophrenia: a multi-centre study; General Hospital Psychiatry

Soundy A, Coffee P, Anderson C, Stirling S. (2013). The feasibility of a community-university based physiotherapy programme for stroke patients for student learning and patient care. Accessed from MedEdWorld Publish; **http://www.mededworld.org/MedEdWorld-Papers.aspx (http://www.mededworld.org/MedEdWorld-Papers.aspx)**

Stubbs, B., Binnekade, T. T., Soundy, A., Schofield, P., Huilen, I. P. J., Eggermont, L. H. P; 2013; Are Older Adults with Chronic Musculoskeletal Pain less active than older adults without pain? A systematic Review and Meta-Analysis. Pain Medicine, 14; 1316-1331

Whiteside, D., Stubbs, B., Soundy, A; 2013; Physiotherapy Students' experience of bullying on clinical internships: a qualitative study. Physiotherapy; 100; 41-46

Soundy, A., Roskell, C., Smith, B; 2013; Are you an artificial person? Lessons from Mid Staffordshire; Physiotherapy; 99; 185-186

Stubbs, B., Soundy, A; 2013; Physiotherapy student's experiences of bullying on clinical placements; an exploratory study; Physiotherapy; 99: 178-180

Soundy, A., Stubbs, B., Jenkins, S., Cooper, I; 2013; Sexual Professional Boundaries Perceived by Undergraduate and Graduate Physiotherapists; a Cross Sectional Survey. Physiotherapy, 99, 298-304

Soundy, A., Benson , J., Dawes, H., Smith, B., Collette, J., Meaney, A; 2012; Understanding hope in patients with Multiple Sclerosis. Physiotherapy; 98; 349-355

Meek, C., Sackley, C. M., Patel, S., Clarke, C. E., Soundy, A., Winward, C., Esser, P., & Dawes, H; 2012; A pilot randomised controlled trial of supported community exercise in people with Parkinson's disease; Ageing & Health, 18:3-8

Winward, C., Elsworth, C., Sackley, C., Meek, C., Freebody, F., Esser, P., Bateman, J., Soundy, A., Barker, K., Hilton-Jones, D., Minns Lowe, C., Paget, S., Tims, M., Parnell, R., Patel, S., Wade, D., Dawes, H. (2011). Supporting community based exercise in long-term neurological conditions: experience from the long-term individual fitness enablement (LIFE) project. Clinical Rehabilitation; 25; 579-587

Elsworth, C., Winward, C., Sackley, C., Meek, C., Freebody, J., Esser, P., Izadi, H., Soundy, A., Barker, K., Hilton-Jones, D., Minns Lowe, C., Paget, S., Tims, M., Parnell, R., Patel, S., Wade, D., and Dawes, H; 2011; Supported community exercise in people with Long-term Neurological Conditions (long-term neurological conditions): a phase II randomised controlled trial; Clinical Rehabilitation; 25; 579-587

Stubbs, B., Rayment, N., Soundy, A; 2011; Physiotherapy students' experience, confidence and attitudes on the causes and management of violent and aggressive behaviour. Physiotherapy; 97; 313-318

Soundy, A, Smith, B, Dawes, H, Pall, H, Gimbrere, K, & Ramsay, J; 2011; Patients expression of hope and illness narratives in three neurological conditions: a meta-ethnography. Health Psychology Review; DOI: 10.1080/17437199.2011.568856

Soundy, A., Smith, B., Butler, M., Minns-Lowe, C., Dawes, H., & Windward, C. H; 2010; A Qualitative Study in Neurological Physiotherapy and Hope: Beyond Physical Improvement. Physiotherapy Theory and Practice, 26:1-10

Soundy, A., Smith, B., Cressy, F., Webb, L; 2010; The experience of spinal cord injury: using Frank's narrative types to enhance physiotherapy undergraduate understanding; Physiotherapy; 96; 52-58; estimated contribution 70%.

Elsworth, C., Dawes, H., Sackley, C., Soundy, A., Howells, K., Wade, D., Hilton-Jones, D., Freebody, J., Izadi, H; 2009; Perceived facilitators to physical activity in individuals with progressive neurological conditions; a focus group and questionnaire study. The International Journal of Therapy and Research, 16:17-23

Soundy, A., Faulkner, G., Taylor, A. (2007). Exploring Variability and Perceptions of Lifestyle Physical Activity Among Individuals with Severe and Enduring Mental Health Problems: A Qualitative Study. Journal of Mental Health; 16; 493-503

Soundy, A., Taylor, A., Faulkner, G., Rowlands, A; 2007; The psychometric properties of the seven-day physical activity recall questionnaire in individuals with severe mental illness. Archives of Psychiatric Nursing;21; 309-316

Faulkner, G., Soundy, A. A., & Lloyd, K; 2003; Schizophrenia and weight management: a systematic review of interventions to control weight; Acta Psychiatrica Scandinavica; 108; 324-332

Book Chapters Published

Soundy, A., Kingstone, T., & Coffee, P; 2012; Understanding the psychosocial process of physical activity for individuals with severe mental illness: A meta-ethnography. Book title: Mental Illness. In L LAbate (Ed). Mental illnesses – evaluation, treatments and implications. Intech publishers.

Conference Abstracts

Baker, A., Pollard, C., Soundy, A. (2014). Doctors' experiences of Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) decision making: A meta-ethnography. Resuscitation, 85: S81-S82.

Soundy A, Taylor A; 2005 Comparison of self-reported physical activity and accelerometer-generated data in individuals with severe mental illness; Journal of Sports Science 23:1223–1234;2005

Conferences

Allen, J., Heneghan, N., Smith, C., Soundy A; 2014; Diagnosing dysphagia in Duchene Muscular Dystrophy. Poster presented at the 2014 Royal College of Speech and Language Therapists Conference, entitled Mind the gap: Putting research into practice, London (September, 2014).

Stubbs, B., Eggermont, L., Soundy, A., Probst, M., Vancampfort, D; 2014; What are the factors associated with physical activity in community dwelling adults with dementia? A systematic review of physical activity correlates. Fifth International Conference Physical Therapy in Psychiatry and Mental Health: "Presence" in the world today. Utrecht, Holland

Soundy, A; 2013; Understanding hope for patients with multiple sclerosis. Presented at the British Society of Rehabilitation Medicine Regional Training Day, Birmingham.

Soundy, A; 2013; Understanding hope in patients with multiple sclerosis; Presented at the 5th National conference for the Italian Multiple Sclerosis Society (17-18th of October, 2013)

Meek C, Sackley C, Soundy A, Dawes H et al; 2009; Long-term individual Fitness Enablement (LIFE); Parkinson's Disease. ACPIN PD update Birmingham

Meek C, Sackley C, Soundy A, Dawes H et al; 2009; Long-term individual Fitness Enablement (LIFE); Parkinson's Disease. SAPC Winchester

Meek C, Sackley C, Soundy A, Dawes H et al; 2008; Long-term individual Fitness Enablement (LIFE); Parkinson's Disease. Southampton Neuro-rehabilitation Conference September; estimated contribution 10%.

Soundy, A., & Taylor, A; 2005; Individuals with severe mental illness do not vary their physical activity between summer and winter. [Abstract]. Journal of Sports Science Abstracts (pp. 74-75). Presented at the Annual conference of the British Association for Exercise and Sports Sciences, Loughborough, Uk, 4th to 7th of September, 2005;

Soundy, A., & Taylor, A; 2005; Comparison of self reported physical activity and accelerometer-generated data in individuals with severe mental illness. Journal of Sports Science, abstracts (pp. 75-76). Presented at the Annual conference of the British Association for Exercise and Sports Sciences, Loughborough, Uk, 4th to 7th of September, 2005

Lloyd, K., Faulkner, G., & Soundy, A; 2004; Schizophrenia and Weight Management: A Systematic Review of Interventions . Poster presented at the American Psychiatric Association Annual Meeting, New York, May 5;

Soundy, A., Faulkner, G., Lloyd, K; 2003; Schizophrenia and Weight Management: A Systematic Review of Interventions . Poster presented at the Institute of Psychiatry at the Maudsley, Kings College London 3rd annual conference "Schizophrenia – Not just biological", London, 28th and 29th of April 2003;

© University of Birmingham 2015