University of Birmingham

Ms Sabrina Grant

Research Fellow

Primary Care Clinical Sciences

Contact details

Telephone +44 (0) 121 414 8585

Email s.grant.1@bham.ac.uk

Primary Care Clinical Sciences
School of Health and Population Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK

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About

Sabrina Grant is a Research Fellow in Primary Care Clinical Sciences

Qualifications

- MSc Health Psychology, University of Bath, 2006
- BSc (Hons) Human Psychology, 2(i)

Biography

After gaining an MSc with a distinction at the University of Bath Sabrina went on to work as a Research Assistant at Salomon's, Centre of Applied Social & Psychological Development (part of Canterbury Christ Church University, Kent) before taking up a researcher training post funded by the Research Support Facility at the University of Birmingham. She later secured an MRC/ESRC Interdisciplinary Studentship award which funds a PhD looking at the psychological and motivational reasons for primary care patients with hypertension to engage in home monitoring of blood pressure. This study is adopted onto the UK Primary Care Clinical Research Network Portfolio and co-adopted on the Diabetes Research Network portfolio. She is now working on a 5 year programme grant investigating Self Monitoring Blood Pressure.

Previous research she has been involved in span a broad number of research areas: evaluating the measurement of quality of life assessments, the validation of a behavioural memory tests and stress, illness and coping in primary health care professionals, care home rehabilitation.

Outside of work most of my time is devoted to looking after my young family Isla 3y and Oscar 6 months. When I do get spare time I enjoy refining my culinary skills, swimming and yoga.

Teaching

Sabrina currently teaches years 1 and 2 on the Integrated Problem Communication Skills modules for the Medicine and Surgery MBChB modules and acts as a marker for the Medicine and Society exams for years 1 and 2.

Research

- **Psychology Research Group (Psych- SIG)** (password protected)
- **Qualitative Methods Research Group (QMRG)**

Other activities

Professional Registration

- British Psychological Society, (BPS) Divisional Membership of Health Psychology, Membership number 041441: Registered 2005/6
- Midlands Health Psychology Network, (MHPN) Aston University, Birmingham: Registered 2006
  Chronic Disease Management Network, (CDMN)Salford University, Manchester: Registered 2006
- Psychology Postgraduate Affairs Group : PsyPAG
- Health Psychology Postgraduate Network: Registered 2006
- Psychosocial Aspects of Diabetes network (PSAD) Registered 11/2008

Representation

- Postgraduate student representative for Early Career Researcher Advisory Group (ECRAG), College of Medical & Dental Sciences
- Co-Founder of 'Psych- SIG', Psychology Special Interest Group, School of Health & Population Sciences
- Member of Student Parent & Carer Society (SPC), Guild of Students, University of Birmingham

Publications

Publications

Grant-Baral S, Haque S, Nouwen A, Greenfield S, McManus R, (2011) Self monitoring of blood pressure in Hypertension: A UK Primary Care Survey, International Journal of Hypertension,Volume 2012, Article ID 582086

Brittle N, Sackley C, Wright C, Versfield P, Baral S; (2009) A phase II exploratory cluster randomised, controlled trial of group exercise to enhance mobility and influence depression in care home residents with reduced self care independence, Clinical Rehabilitation, 23: 146-154

Baral S, Haque S, McManus RJ: (2008) Who monitors blood pressure and/or blood glucose and how do they compare? Psychology and Health, Issue 23:1, 15-278 Abstracts

Grants:
Baral S, McManus R, Greenfield S, Nouwen A ; Self monitoring of blood pressure in patients with hypertension and diabetes: Cross sectional survey and exploration of patient characteristics and views, Medical Research Council / European Social Research Council Interdisciplinary Studentship Award; £59,930 (Awarded April 2008)

Baral S, McManus RJ: Determining the Prevalance of Self Monitoring in Hypertension and Diabetes, Award; £6,000 Scientific Foundation Board, Royal College of General Practitioners , Heart Research UK, 1st Nov 2007- 1st Nov 2008

Selected Conference presentations:
Annual research poster conference, University of Birmingham, 2011, College prize winner

Midlands Health Psycholgy Network (MHPN) Univeristy of Derby, Poster presentation, UK; Feb 2011

Division of Health Psychology (DHP) conference, Bath, Poster Presentation, UK; Sept 2008

Society for Academic Primary Care', (SAPC) Annual Conference, Galway, Ireland, Oral Presentation, UK; July 2008

Baral S, Haque S, McManus RJ: 'Prevalence of Self monitoring in Hypertension in Diabetes: A Postal Survey, South West Society for Academic Primary Care' (SW-SPAC), Poster Presentation, Warwick, UK; March 2008

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