Research interests
I am a behavioural scientist with a particular interest in the development and evaluation of health interventions. My work focuses on parenting and early childhood health and care, especially in priority groups including those marginalised or experiencing the effects of poverty. I have expertise in reducing the risk factors for unexplained infant mortality, including supporting families with following safer sleep advice and guidance.
My research combines expertise in the following areas:

- Meaningful involvement and coproduction of health interventions with marginalised groups of caregivers.
- Using behaviour change theory and principles to inform the development evidence-based interventions for families and the health professionals that support them.
- Realist reviews and evaluation as a tool to understand how interventions work and develop learning that can be applied to future interventions.

I have experience with mixed methods, qualitative research, case-control studies, implementation studies, feasibility trial design and systematic reviews.
In addition to this, I am currently the Chair of the Lullaby Trust Scientific Advisory Committee, and co-Chair of the Health Education Working Group of the International Society for the Study and Prevention of Perinatal and Infant Death (ISPID). I am currently a Research Fellow award holder of an NIHR Advanced Fellowship (2021-2026) to develop and test innovative support for families with infants at increased risk of sudden unexpected death in infancy. This project includes working closely with the National Child Mortality Database, Lullaby Trust, health visitors, family nurse partnerships, neonatal unit staff and specialist nurses. The Baby Sleep Project website has more information.
Our work features regularly in the press (examples here and here).

Research output
A Behaviour Change Analysis of Safer Sleep Interventions for Infants at Risk of Sudden and Unexpected Death

Parental decision making about safer sleep practices: A qualitative study of the perspectives of families with additional health and social care needs

A Risk Assessment and Planning Tool to Prevent Sudden Unexpected Death in Infancy: Development and Evaluation of The Baby Sleep Planner

Changes in background characteristics and risk factors among SIDS infants in England: cohort comparisons from 1993 to 2020

Bed-sharing and SIDS: an evidence-based approach
Interventions to Improve Safer Sleep Practices in Families With Children Considered to Be at Increased Risk for Sudden Unexpected Death in Infancy: A Systematic Review

Development of a core outcome set for evaluative research into paediatric cerebral visual impairment (CVI), in the UK and Eire

The Covid-19 Clinician Cohort (CoCCo) Study: empirically grounded recommendations for forward-facing psychological care of frontline doctors

Improving engagement with services to prevent Sudden Unexpected Death in Infancy (SUDI) in families with children at risk of significant harm: a systematic review of evidence

Bridging the Gap: Parent and Child Perspectives of Living With Cerebral Visual Impairments

Cerebral visual impairment-related vision problems in primary school children: a cross-sectional survey

Improving outcomes for primary school children at risk of cerebral visual impairments (the CVI project): study protocol for the process evaluation of a feasibility cluster-randomised controlled trial

Improving outcomes for primary school children at risk of cerebral visual impairment (the CVI project): protocol of a feasibility study for a cluster-randomised controlled trial and health economic evaluation

Decision-making for the infant sleep environment among families with children considered to be at risk of sudden unexpected death in infancy: a systematic review and qualitative metasynthesis

Perspectives of primary school staff who work with children with additional needs: insights that may help to improve support for visually impaired children

Systematic Literature Review Report for the National Child Safeguarding Practice Review into the Sudden Unexpected Death of Infants (SUDI) in families where the children are considered to be at risk of significant harm

Observed compliance with safe sleeping guidelines in licensed childcare services
Quality of investigations into unexpected deaths of infants and young children in England after implementation of national child death review procedures in 2008: a retrospective assessment

Sudden infant death syndrome (SIDS) and the routine otoacoustic emission infant hearing screening test: An epidemiological retrospective case-control study

Conversations with families about reducing the risk of sudden infant death syndrome

The influence of bed-sharing on infant physiology, breastfeeding and behaviour: A systematic review

Concerns about the promotion of a cardboard baby box as a place for infants to sleep

A United Kingdom Perspective.

Observational Investigations from England: The CESDI and SWISS Studies.

Mothers’ knowledge and attitudes to sudden infant death syndrome risk reduction messages: results from a UK survey

Factors influencing maternal decision-making for the infant sleep environment in families at higher risk of SIDS: a qualitative study

Why or how does the prone sleep position increase the risk of unexpected and unexplained infant death?

Does milk intake promote prostate cancer initiation or progression via effects on insulin-like growth factors (IGFs)? A systematic review and meta-analysis

Swaddling and the Risk of Sudden Infant Death Syndrome: A Meta-analysis

Association of socio-economic position and suicide/attempted suicide in low and middle income countries in South and South-East Asia - a systematic review
Sudden unexpected death in infancy: aetiology, pathophysiology, epidemiology and prevention in 2015

Bed-sharing and unexpected infant deaths: what is the relationship?

Bed-Sharing in the Absence of Hazardous Circumstances: Is There a Risk of Sudden Infant Death Syndrome? An Analysis from Two Case-Control Studies Conducted in the UK

'Making every contact count': Evaluation of the impact of an intervention to train health and social care practitioners in skills to support health behaviour change

An evaluation of portable sleeping spaces for babies following the Christchurch earthquake of February 2011

Usage and impact of an online education tool for preventing sudden unexpected death in infancy

Implementation of new Healthy Conversation Skills to support lifestyle changes - what helps and what hinders? Experiences of Sure Start Children's Centre staff

Low levels of food involvement and negative affect reduce the quality of diet in women of lower educational attainment

6 + 1: a child survival pilot project

Projects

Does Motherhood Need Mitigating? A Collective Examination of Parenting and Academic Practice
1/01/23 → 31/07/23

Safe Sleep: Preventing Sudden Unexpected Deaths in Infancy: an assessment and planning tool for families at increased risk
Pease, A. S., Ingram, J., Blair, P. S. & Fleming, P. J.
1/09/21 → 31/12/22