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Lyttle, Steven, Williamson, Iain, Johnson, Sally and Leeming, Dawn

Using audio-diaries to capture lived experience in health psychology: technological, methodological and epistemological issues

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## **USING AUDIO-DIARIES TO CAPTURE LIVED EXPERIENCE IN HEALTH PSYCHOLOGY: TECHNOLOGICAL, METHODOLOGICAL AND EPISTEMOLOGICAL ISSUES.**

Dr Steven Lyttle<sup>1</sup>, Dr Iain Williamson<sup>1</sup>, Dr Sally Johnson<sup>2</sup> & Ms Dawn Leeming<sup>3</sup>

<sup>1</sup> Division of Psychology, De Montfort University, Leicester, United Kingdom

<sup>2</sup> Psychology Department, Leeds Metropolitan University, United Kingdom

<sup>3</sup> School of Psychology, University of East London, United Kingdom

Contact details for lead author:

Dr Steven Lyttle, Faculty of Health and Life Sciences, Hawthorn 0.19a, De Montfort University, The Gateway, Leicester, United Kingdom, LE2 1XF.

slyttle@dmu.ac.uk

### *Poster Presentation*

Although diary methods have a long tradition of use within psychology and appear to have considerable potential in researching health-related processes and experiences, the use of unstructured diary methods to generate detailed phenomenological accounts within contemporary health psychology has thus far been limited. In this poster presentation, we describe a recently completed British study in which a sample of first-time mothers used voice-recording technology to make daily diary entries about their infant feeding experiences. We present a consideration of the benefits and challenges of this approach to data collection. In particular, we focus on ethical and epistemological issues, drawing on the accounts of both participants and members of the research team. We also explore the most suitable ways of analysing data derived from diaries and consider the practical advantages and limitations of using audio-diaries. Finally, some of the implications for developing the use of audio-diaries in health psychologists' research and practice are considered.

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