



University of HUDDERSFIELD

University of Huddersfield Repository

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

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

Original Citation

Lyttle, Steven, Williamson, Iain, Johnson, Sally and Leeming, Dawn (2007) Using audio-diaries to capture lived experience in health psychology: technological, methodological and epistemological issues. In: 5th Biennial conference of the International Society of Critical Health Psychology, 18th-21st July 2007, Boston, USA.

This version is available at <http://eprints.hud.ac.uk/31366/>

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: E.mailbox@hud.ac.uk.

<http://eprints.hud.ac.uk/>

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

Dr Steven Lyttle¹, Dr Iain Williamson¹, Dr Sally Johnson² & Ms Dawn Leeming³

¹ Division of Psychology, De Montfort University, Leicester, United Kingdom

² Psychology Department, Leeds Metropolitan University, United Kingdom

³ 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.

Lyttle, S., Williamson, I., Johnson, S. & Leeming, D. (2007). Using audio-diaries to capture lived experience in health psychology: Technological, methodological and epistemological issues. Poster presented at the fifth biennial conference of the International Society for Critical Health Psychology, July, Boston, USA.