

Julia Manning BSc(Hons) MCOptom FRSA

Education

2017 – present	PhD Candidate in Human Computer Interaction, Dept. Computer Science, UCL and Anna Freud Centre for Mental Health	
2015-2017	Hon. Research Associate, Medical Anthropology, UCL UCL Science, Medicine & Society Board	
2005	Warwick University	Certificate in Diabetic Care
1991	College of Optometrists	Member of the College of Optometrists (MCOptom)
1987-1990	City University	BSc (Hons) Optometry and Visual Science

Research Project

My research interests are influenced both by my background as a community optometrist where I used mobile diagnostic technology, and witnessing the developing policy focus on technology enabled self-care (mHealth). In many environments mHealth appears to sink not swim, and the literature suggests this is because it lacks in-the-wild informed design. I am therefore intrigued by the influence of context and culture on the efficacy and prospects of digital health tools. I am also interested in the concepts of prevention and motivation, where people do not see themselves as patients but are experiencing early warning symptoms. Thus for my PhD, I am using experiential qualitative research to investigate a large, specific group of employees known to be at high risk of psychological pressure. The aim is to understand i) the experiences, symptoms and management of stress by senior secondary school teachers, ii) the school context and wellbeing culture, and iii) the optimal requirements and designs of digital health technologies that could provide support. I am in receipt of a EPSRC funded studentship.

Publications – Policy

Lead/ sole author includes

- Head of Wellbeing: An essential post for secondary schools? (2015) (*Nuffield Health*)
- Health, Humanity and Justice; Emerging technology and healthcare policy in the 21st Century (2010) (*2020health with Prof Nigel Cameron, Chicago; Prof Noel Sharkey, Sheffield*)

Co-author includes

- Fear of Finding Out: identifying psychological barriers to symptom presentation and diagnosis in the UK (2017) (*2020health for Abbvie*)
- Foresight Report: A discussion of the potential impact of technology on the UK optical sector to 2030 (2016) (*2020health for Optical Confederation and College of Optometrists*)
- Work as a health outcome in the devolved nations: How Scotland, Wales and Northern Ireland Tackle Sickness-Related Worklessness (2012) (*2020health for Abbott Healthcare*)

Recent Career Summary

2014 – 2018	Founding partner of Health Tech and You Awards with Axa PPP and Design Museum
2006 – present	Founder & Chief Exec 2020Health.org a ‘Making Health Personal’ Think Tank.
2004 – 2009	Founder and Director, Julia Manning Eyecare, a digital, housebound optometry practice sold to HealthcallOptical Ltd then acquired by Specsavers.

Voluntary

2018 – present	Royal Society of Medicine, Digital Health Council Member
2013 - 2017	Trustee, Springboard for Children (literacy charity based in London)
2012 - present	Editorial Board, National Health Executive Magazine