

Vari has a PhD in Health Psychology and is experienced in applying psychological methods to the study of behaviour relevant to health, illness and health care. Her particular interest lies in psychological factors associated with treatment non-adherence and acceptance in long-term conditions and has specific knowledge of developing psychological theory-based interventions and in conducting and evaluating psychological intervention randomised controlled trials. Joining UCL, Vari supports the Optimising Behaviour and Engagement with Care theme: Improving adherence to essential medication for asthma: feasibility study and development of the 'Perceptions and Practicalities Approach' Intervention. She also is working on the Tandem project with QMUL, a tailored, psychological intervention for mild to moderate anxiety or depression in people with chronic obstructive pulmonary disease(COPD).