Flat 1, Tony's Apartment,

Matata Road, Pointe Larue

Mahe Island, Seychelles

30th December 2025

Lund University,

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100000 LTH

Application as a PhD student in a working environment on digital mental health care and changing understandings of care, well-being, and mental health

Dear Selection Committee,

I am writing to convey my keen interest in the doctoral program/academic research position at Lund University's Faculty of Engineering, concentrating on Digital Mental Health Care and Evolving Perspectives on Care, Well-being, and Mental Health. My educational background in nursing, along with my clinical experience and an increasing emphasis on digital health research, closely aligns with the interdisciplinary and socially orientated aspects of this project.

I possess a Diploma in Nursing from the National Institute of Health and Social Studies, Seychelles, a Bachelor of Science in Nursing from Edinburgh Napier University, Scotland, and a Master of Science in Nursing from the University of Sunderland, United Kingdom. This academic trajectory has equipped me with a robust foundation in evidence-based practice, health research methodologies, and critical analysis, while my clinical experience has enhanced my comprehension of mental health care as a relational, contextual, and dynamic practice.

My research interests encompass the convergence of digital health technologies, mental health care, and the experiential aspects of well-being. I am especially interested in how digital mental health tools such as telepsychiatry, mobile health applications, and remote monitoring systems transform care practices, professional roles, and patient autonomy. Instead of perceiving technology as a neutral instrument, I am compelled to investigate how digital systems affect the interpretations of care, responsibility, autonomy, and therapeutic relationships in mental health settings.

I am particularly attracted to qualitative and mixed-methods approaches, as they facilitate comprehensive examination of user experiences, professional practices, and socio-technical interactions. My academic training has prepared me to conduct interviews, perform thematic analysis, and implement integrative mixed-methods designs that merge experiential data with outcome-focused metrics. I aim to anchor my research in digital health and socio-technical theory, incorporating insights from human-centered design, sociomateriality, and technology adoption frameworks, to critically analyse the design, implementation, and experiential aspects of digital mental health care.

This doctoral program/academic position aligns closely with my ambition to conduct research that integrates healthcare practice, digital innovation, and policy-relevant insights. I am especially driven by the interdisciplinary atmosphere of the Faculty of Engineering, which provides an optimal platform for collaboration among health, technology, and social science fields to produce significant and ethically sound research.

I appreciate your consideration of my application. I would appreciate the chance to discuss how my background, research interests, and methodological approach correspond with the objectives of this project at Lund University.

Yours sincerely,

Esther Emalo Odu