

**Dr Colin Greaves**



Peninsula Medical School (Primary Care)  
Smeall Building  
St Luke's Campus  
Exeter EX1 2LU  
Devon  
UK

+44 1392 262751  
+44 1392 432223  
[Colin.greaves@pms.ac.uk](mailto:Colin.greaves@pms.ac.uk)



**PENINSULA**  
— MEDICAL SCHOOL —  
UNIVERSITIES OF EXETER & PLYMOUTH

Peninsula Medical School (Primary Care)  
UK, Exeter

Dr Colin Greaves joined Peninsula Medical School in November 2002. He is a Chartered Health Psychologist with an active interest in self-care of chronic illnesses (especially asthma and pre-diabetes) and in promoting healthy lifestyles/lifestyle change. He is currently engaged in a programme of work on the development and evaluation of self-care support interventions, funded by a Department of Health Postdoctoral Researcher Development Award. This includes evaluation of the MESH intervention for supporting asthma self-care (MESH), and developing interventions for people with pre-diabetes (WAKEUP). He is also leading a systematic review of reviews with a focus on *how* to achieve behaviour change in weight loss and physical activity interventions. This will feed into the IMAGE guideline development work package.