



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

In the **news...**

The Institute of Mental Health seeks to help transform the understanding and treatment of mental illness.

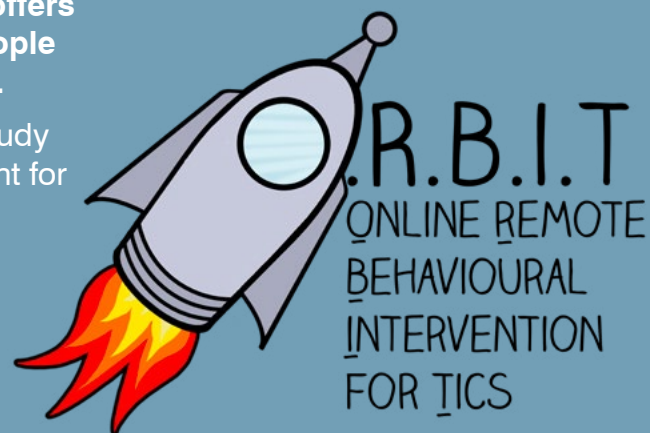
We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

ORBIT findings feature in the Lancet Psychiatry

Online therapy for tics offers new hope for young people with Tourette syndrome.

Findings from a recent study testing an online treatment for children and adolescents with tic disorders, have been published in the Lancet Psychiatry.

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In this issue...

- Roadmap to creative recovery
- 2021 Duncan Macmillan Essay Prize open for submissions
- National survey opens for Recovery Colleges
- Trent Study Day 2021 line-up announced
- Save the date: MindTech Symposium 2021

Welcome

Our **September newsletter** shares updates and achievements from across the Institute of Mental Health and showcases the best in mental health research.

Professor Martin Orrell
Director, The Institute of Mental Health



September marks the beginning of the new academic year. Our university colleagues are slowly returning to campus for some of their working week, yet we must continue to operate under NHS guidelines and keep Covid safe restrictions in place within our building. Although we haven't yet all returned to our offices, we're hopeful that we will be able to do so very soon and look forward to when we can welcome visitors and colleagues back to the Institute again.

As we move towards restrictions lifting and contemplate new ways of working, our Public Involvement Co-ordinator, Kate, has reflected on what that might mean, and how we work together in future. Read more on page 4.

We're also looking ahead with the launch of this year's Duncan Macmillan Essay Prize competition. An opportunity for psychiatry trainees to share their visions for the future, we're asking entrants to tell us about "*the next big thing in psychiatry*". Read more on page 4.

Our building is still operating with COVID safe restrictions in place and we have not fully re-opened yet, please visit our [website](#) or follow us on Twitter [@InstituteMH](#) for all our latest updates.

Stay safe and well.

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ORBIT findings feature in the Lancet Psychiatry

The results demonstrate that an online intervention could be an effective treatment option for the thousands of children and young people without access to specialist services.

The Online Remote Behavioural Intervention for Tics ([ORBIT](#)) trial compared an online behavioural therapy with an online psychoeducation programme in 9-17 year olds with Tourette syndrome or chronic tic disorder. Participants receiving the online behaviour therapy reported a 24% reduction in tic severity after six months, compared with 12% in the education group. In addition, the behaviour therapy group reported a reduction in anxiety six months after starting the study.

Around 70,000 children and young people in England have Tourette syndrome, the condition most commonly associated with chronic tics. Tics can be abrupt movements (motor tics) or sounds (vocal tics) and have a profound impact on the lives of those who experience them. Evidence suggests behaviour therapies such as Exposure and Response Prevention (ERP) used in the ORBIT study are an effective intervention for tics, yet a lack of specialist services means that only 1 in 5 people living with tics have access to behavioural treatment for tics

The ORBIT trial demonstrates that online, therapist-supported ERP is a safe and effective intervention, improving access to treatment for this under-served group of young people.

The ORBIT trial was led by Professor Chris Hollis and is a partnership between NIHR MindTech, Nottinghamshire Healthcare NHS Foundation Trust, Great Ormond Street Hospital, University of Nottingham, University College London (Priment) and the Karolinska Institutet (Sweden). Researchers worked closely with the charity Tourette's Action.



Find out more here:
www.thelancet.com

Funding: This study was funded by the NIHR Health Technology Assessment (HTA) (Ref 16/19/02)

Roadmap to creative recovery

Professor Paul Crawford, director of the Institute's Centre for Social Futures, has contributed to a key government report, setting out a roadmap to recovery for the UK's creative and cultural sector, post-Covid.

The report, *Boundless Creativity*, was produced jointly by the UK Research and Innovation (UKRI) Arts, Humanities and Research Council (AHRC) and the Department for Culture, Media and Sport.

Recognising the innovative activities many organisations embraced during the pandemic, the report sets out ambitious recommendations to harness these digital developments and reach wider audiences in future.

This includes promoting collaboration between researchers and partner organisations, similar to the recent '*What's Up With Everyone?*' campaign led by Professor Crawford in partnership with Aardman Animations.

There are calls for a review of what constitutes Research and Development by the HMRC, enabling smaller tech companies to innovate and become part of the wider 'digital upskilling' landscape.

The report highlights the value of creativity and culture in promoting health and wellbeing, and includes recommendations for social prescribing and access to the arts as a valuable strategy to tackle loneliness, isolation, depression and anxiety.

"Research supported by AHRC during the pandemic reaffirms the value of harnessing the power of cultural access, digital and physical, to mitigate the burdens of mental ill-health"



Find out more here:
www.ukri.org



2021 Duncan Macmillan Essay Prize Competition

The Institute of Mental Health runs an annual 1,000 word essay prize competition named after psychiatrist Duncan Macmillan who helped pioneer a community-centred approach to mental health. The competition is held in partnership with The Royal College of Psychiatrists and promotes the expertise and knowledge of psychiatry trainees nationwide.

Our 2021 competition is now open and we are looking for trainees' ideas and visions for the future. You can [read last year's winning entries](#) on our website and the deadline for submitting entries for this year's competition is Monday 1st November.



Find out more here:
www.institutemh.org.uk

News in brief

Moving forward, slowly

As we move towards restrictions lifting and contemplate new ways of working, the Institute's Public Involvement Co-ordinator, Kate, has reflected on what that might mean, and how we work together in future.



Read Kate's latest blog:
www.institutemh.org.uk



Transatlantic students contribute to WHO MindBank programme

Nayli Ma and Marcia Roringpandey are two summer 2021 interns from the Columbia University Mailman School of Public Health in New York. They have been working remotely conducting online searches for national policies, strategies and laws for the World Health Organization's (WHO) MindBank resource under the guidance of Professor Peter Bartlett and the WHO Collaborating Centre for Mental Health, Disabilities and Human Rights based at the Institute of Mental Health.

Working for MindBank has been an enriching experience for them in learning and gaining an understanding of countries' policies and legislations which cover mental health, substance abuse, disability, general health, human rights, and development. Their work focused on the Asia-Pacific region, where they gathered documents from 53 WHO jurisdictions and uploaded more than 300 documents in six different languages.

In addition, Nayli and Marcia both completed independent research projects on specific countries and MindBank-related policies that were of interest to them.

Nayli's research project examined Vietnam's most recent Youth Strategy (2011-2020) in the context of Vietnam's colonial history as well as WHO Youth Development priorities and guidelines. The project aimed to gain insight into how low and middle-income countries develop and implement effective strategies for vulnerable populations that are both culturally relevant and in-line with international expectations.

Marcia conducted a study that compared and examined the mental health legislations of Malaysia and Indonesia to understand the development of mental health legislation in both countries and gain better insights for further research and advocacy for more effective policies and better provision of mental health resources



Nayli Ma



Marcia Roringpandey



Find out more about the WHO's
MindBank resource: www.who.int

International study recruiting in Nottingham care homes

MIDDEL (Music Interventions for Dementia and Depression in Elderly Care) is a research project investigating music interventions to reduce depression symptoms in people living with dementia. It's an international multi-centre cluster-randomised controlled trial, running in Germany, Netherlands, Norway, Turkey, Australia and the UK.

The UK researchers from the Institute of Mental Health's Centre for Dementia are looking to recruit care homes with at least 10 residents who are living with dementia and depressive symptoms. Care homes will be selected at random to receive six months of free music sessions for these residents. Eligible care homes must be within a 30 mile radius of Nottingham city centre and should not provide music in the usual activity provision within the care home.

Follow the link below to find out more about joining this international study and exploring the impact of music on older people.



Find out more here:
www.institutemh.org.uk

MIDDEL

Music Interventions for
Dementia and Depression
in Elderly Care



£600 grant funding for Trent Dementia charity

The Trent Dementia charity have received a generous donation of £600 from Barchester Healthcare.

Professor Tom Dening, director of our Centre for Dementia and chair of trustees for the charity was presented with a cheque in July.

Trent Dementia is a local charity based at the Institute of Mental Health, offering creative support for anyone living with or affected by dementia in the East Midlands. This grant will allow them to continue their community-based group activities, which have carried on online throughout the pandemic.



Read about their latest work:
www.institutemh.org.uk

MindTech referenced in national research priority plan

In setting out its operational priorities, the National Institute for Health Research (NIHR) referenced pioneering ADHD research conducted by the MindTech team.

Best Research for Best Health highlights the important contribution our work is making to ADHD diagnosis. This research is now being rolled out for evaluation across the NHS, via the Academic Health Science Network.

The document mentions the Focus ADHD intervention, which uses innovative technology, QbTest, to measure a patient's attention, impulsivity and motor activity all at the same time. These indicators are core symptoms of ADHD and accurate measurement adds objectivity to support timely diagnosis.

"We're delighted to see our work inform research priorities for the future, leading to improved health outcomes for the nation."



Read more about Focus ADHD here:
www.mindtech.org.uk



Listen here:
www.anchor.fm

UNFOLD Podcast

Emilia Deakin, Nottinghamshire Healthcare NHS Foundation Trust Occupational Therapist and NIHR Biomedical Research Centre PhD student, has been interviewed as part of the NIHR Nottingham BRC's new podcast series "*The Clinical Research podcast*" about her current research project UNFOLD 2.

Listen to Emilia and host Matt Hurst discuss how she is learning more about the important role our personal social groups can play in the recovery process.



UK-REACH:

Paper published for study into ethnicity and vaccine hesitancy in healthcare workers

As the pandemic has moved through the UK, there is concern that healthcare workers from ethnic minority groups are at increased risk of poor outcomes. The UK-REACH study focused on understanding the differences between COVID-19 diagnosis and clinical outcomes, professional practices, and well-being among ethnic minority healthcare workers. The findings will be used to inform the responses and support that are given to these staff.

A new paper from these findings [was recently published in The Lancet – Regional Health Europe](#). Congratulations to our Research Delivery Officer, **Sandra Simpson** who is named on the paper, reflecting her contribution to the UK REACH study - Nottinghamshire Healthcare was the highest recruiting Trust for the study.

This swiftly follows a paper in the [BMJ](#) crediting Research Delivery Nurse Veronica French, following her work on NHS CHECK, the UK's largest survey of NHS staff mental wellbeing.

RECOLLECT 2:

National survey now open for Recovery Colleges

RECOLLECT 2 is a 5-year research project exploring how Recovery Colleges can provide the most benefit to those who use them. The study team are collecting contact details for all Recovery Colleges in England before launching a national survey exploring the costs and running of Recovery Colleges. Most Recovery College managers in England have responded, and the team would like to continue hearing from as many Recovery Colleges as possible.

To participate in the national survey, you should be a manager/senior leader of a Recovery College in England that:

- a) focuses on supporting personal recovery,
- b) aspires to co-production, and
- c) aspires to adult learning.

If you haven't yet heard from the RECOLLECT 2 team and want to take part, please contact recollect@kcl.ac.uk stating:

- The name of your Recovery College
- The name of your Recovery College manager
- The manager's contact email



Find out more here:
researchintorecovery.com

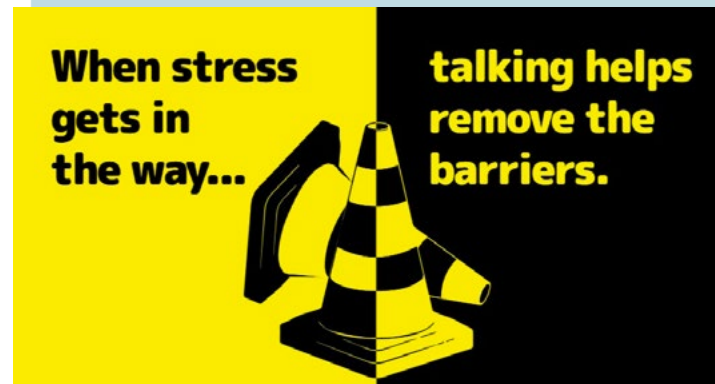
Starting a chat about mental health at work

A new campaign created by employers for employers aims to boost mental health and productivity by encouraging open conversations in workplaces across the East Midlands.

“*Bridge the Gap, Start a Chat*” has been launched by the Mental Health and Productivity Pilot (MHPP) to give businesses and organisations of all sizes and sectors the help they need to encourage staff and bosses alike to open up about their mental health.

The campaign was created by MHPP with input from a group of ten Midlands employers from a variety of sectors and geographies, as well as employees with lived experience of mental health problems.

It's one of a number of ways that MHPP, a collaboration of Midlands universities, local authorities and mental health charity Mind, is supporting employers to understand the



important link between staff mental health and wellbeing, and business productivity. The PROWORK team, led from the Institute of Mental Health, has been part of the cohort of research collaborators from the University of Nottingham contributing their expertise to this innovative regional project.

Research has shown that mental health is one of the biggest causes of sickness absences in Midlands businesses – and the impact of COVID-19 has recently become another key factor in poor mental health at work.

As well as tips and advice on starting conversations, for line managers and employees, employers can access a free ‘resource pack’ on the MHPP website, offering valuable guidance to help them roll out a campaign to encourage conversations about mental health in their own organisation.



Find out more here:
www.institutemh.org.uk

Top cited paper in PLoS ONE

In 2019, Joy Llewellyn-Beardsley published a systematic review on the characteristics of mental health recovery narratives, which has established a broad and inclusive definition of a recovery narrative used by the NEON study.

In July 2021, we learnt that this paper is in the top 10% of citations for all papers published in PLoS ONE in 2019, which is a great achievement given the size and scope of PLoS ONE.



The paper can be found here:
journals.plos.org

Talking about spirituality and mental health: Introducing new evidence-based user-friendly resources

Times of crisis can bring challenge and change to many aspects of experience, including our beliefs, spirituality and how we make meaning in life.

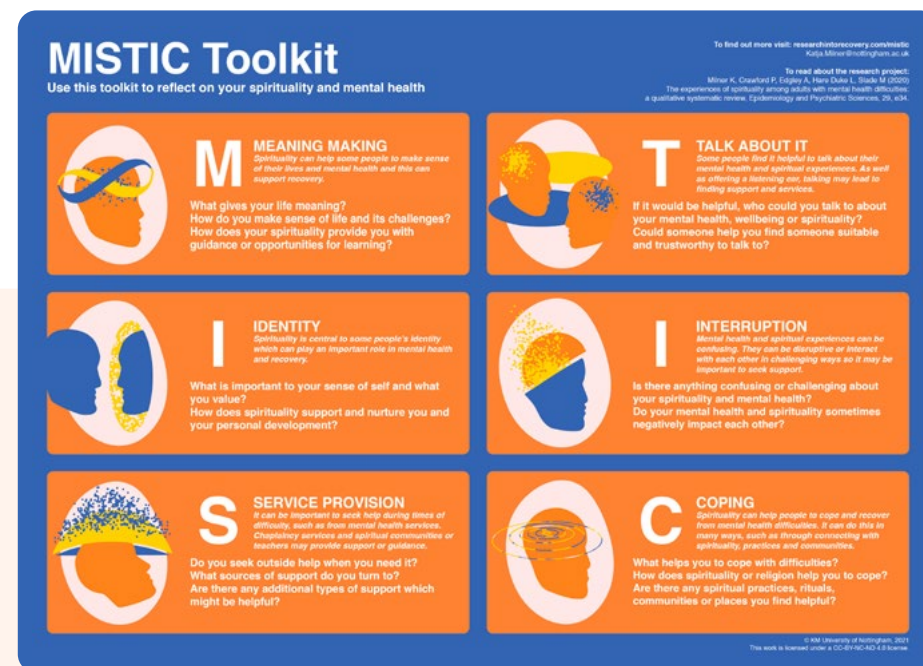
Research shows that spirituality can be important for some people's mental health and recovery. Spirituality has also been demonstrated to form a part of person-centred, ethical and compassionate care across healthcare professions and should therefore be considered within clinical training and practice. Despite this however, it is often neglected, poorly understood and omitted from clinical training.

The 'Spirituality Project' is an ESRC PhD Project conducted by Katja Milner based in the School of Health Sciences and Institute of Mental Health, supervised by Paul Crawford, Mike Slade and Alison Edgley. The project seeks to understand more about people's experiences of spirituality, mental health and recovery. As part of this study, a conceptual framework was developed which describes what participants in published research said was important in relation to their spirituality and mental health.

The framework has six main themes: Meaning-making, Identity, Service-provision, Talk about it, Interaction with symptoms (or Interference) and Coping, which form the acronym 'MISTIC'.

Working in collaboration with artist-designer Ellie Shipman, evidence-based user-friendly resources were created based on the MISTIC framework. They aim to help clinicians and the general public gain a better understanding about spirituality and mental health and to prompt reflection and conversations around this topic area. They also have potential to be used within teaching, training and recovery-focussed interventions. These resources have already sparked interest and are being promoted for use within mental health services in Melbourne, Australia.

To find out more you can access these [resources online](#), contact [Katja Milner](#) directly or [read about the research project](#).



New funding opportunities from NIHR ARC East Midlands

NIHR ARC for East Midlands is interested in developing the quality and effectiveness of NHS and social care services and improving patient wellbeing and health outcomes.

To this end they're offering funding for three different kinds of research:

- Database studies
- Systematic Reviews
- Evaluation Research

Proposals must demonstrate clear patient benefit and involve co-production between researchers and those who may benefit from the findings. Applications from early career researchers welcome. Closing date 6th October 2021.



Further details here:
www.arc-em.nihr.ac.uk

SoFU director talks to Dr Miriam Stoppard in the Mirror about young peoples' mental health

Professor Paul Crawford, Director of our Centre for Social Futures, has been speaking to celebrity agony aunt Dr Miriam Stoppard about his recent collaboration with Aardman, [What's Up With Everyone?](#)

Co-produced with young people, a series of animations were developed based on different mental health themes. The most viewed topics so far have been around perfectionism and isolation.

"It is sobering to see that loneliness and perfectionism are the most prominent issues affecting so many young people's mental health."



Read the full article here:
www.mirror.co.uk





Centre for Dementia seminar series:
“Heads and hands: Discussing dementia representations with people affected by dementia”

Emma Putland (Applied Linguistics Doctoral Researcher, Specialising in representations of dementia, School of English, University of Nottingham) explores how people with dementia, carers and/or loved ones represent their experiences of dementia, and how participants respond to popular social representations.

11.30am - 12.30pm

Presentation via Microsoft Teams



Register online here:
www.institutemh.org.uk

Registration and poster submission now open



Trent Study Day 2021:
“Restrictive interventions in secure mental health settings”

Our annual forensic mental health conference returns this year, in partnership with Nottinghamshire Healthcare NHS Foundation Trust.

In what we hope will be a return to holding first face to face events, there will be limited free places for Nottinghamshire Healthcare NHS Trust staff in addition to tickets available to purchase for external attendees.

Tickets prices will vary (£60 / £120) depending on whether the event is held face to face or online. Sign up to join the mailing list for this event and be the first to receive more information - contact karen.sugars@nottshc.nhs.uk for more details or to submit a poster presentation.

9.00am - 15.30pm (approx.)

DoubleTree Hilton Hotel, Nuthall Road, Nottingham NG8 6AZ
(or via Microsoft Teams if Covid restrictions prevent a live event)



Register online here:
www.institutemh.org.uk



SAVE THE DATE

The neurobiology of psychosis and schizophrenia

The Centre for Translational Neuroimaging present an afternoon of research and discussion, online via MS Teams.

Cost: Full price £45.00, Psychiatric trainees £35.00, Students (PhD, MSc, undergraduate) £25.00

Registration coming soon on the Institute's [events page](#).

1.00pm - 5pm
via Microsoft Teams



SAVE THE DATE

MindTech Symposium 2021

A virtual symposium bringing together highlights from MindTech's research from the past year, alongside speakers and innovative projects from the world of digital technology and mental health.

Programme to be announced soon – follow @[NIHR_MindTech](#) for the latest updates.