



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.

BRIGHtMIND – recruitment success as study draws to a close

The BRIGHtMIND trial has closed to recruitment after becoming the largest clinical trial of Transcranial Magnetic Stimulation (TMS) outside North America.

Despite two years of Covid-19 and a complex treatment and follow-up schedule, 255 participants have enrolled in the trial, from five sites across England, helping to create an evidence base for a new intervention for treatment-resistant depression.

The study was led by Professor Richard Morriss at the Institute of Mental Health, alongside Dr Lucy Webster. Sandra Simpson and the Research Delivery Team at Nottinghamshire Healthcare NHS Foundation Trust.

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- CANDAL researchers make Nottingham a city of expertise
- Rising Star Award for Dr Claudio Di Lorito
- Midlands Mental Health and Neurosciences Doctoral Training Programme update
- IMH Research Days, May 2022

Welcome

Our **March 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



It is impossible to begin our regular update to you all without offering our thoughts to colleagues, members, patients and students who are caught up in, or affected by, the current Ukraine invasion. I urge anyone who needs wellbeing support to seek our what is on offer near them; there are options available to our university and NHS colleagues which we have been sharing.

As I read through the articles of this edition of our newsletter, I began to reflect on the more positive beginnings we have seen as the seasons begin to change. We're bursting into Spring with lots of new growth inside the Institute, support for those in the early stages of their careers and with a host of opportunities for research to flourish. The Institute's annual Research Day event is finally returning after a two-year hiatus and we can't wait to welcome our early career colleagues

and PhD students back into the building. Extending the event over two days this year will ensure we all have plenty of time to reconnect with colleagues and friends – submission and registration details are on page 7.

This edition also shares the news of a Rising Star award for Dr Claudio Di Lorito and a new NIHR/Health Education England Lectureship award for Dr Eirini Kontou. Both accolades exemplify the new research talent that we have developing across the Institute.

Identifying and supporting the research talents of the future are what the new PhD opportunities from the Midlands Mental Health and Neuroscience Doctoral Training Programme and the ARC-East Midlands new PhD programme will offer. Read more on pages 3 and 13 about their new studentships.

Stay safe and well.

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BRIGHtMIND – recruitment success as study draws to a close

BRIGHtMIND is a randomised double-blind controlled trial of connectivity guided theta burst transcranial magnetic stimulation versus repetitive transcranial magnetic stimulation for treatment resistant moderate to severe depression, evaluating its efficacy, cost effectiveness and mechanism of action.

Professor Morriss says, "This study is a fantastic achievement given that we had to stop recruitment because of the COVID-19 pandemic, making wholesale changes to the protocol to ensure that staff and participants were protected from COVID-19. It demonstrates the popularity of the treatment with people who have moderate to severe depression which has not responded to other treatments and shows the dedication of our staff, NHS organisations, and partnering universities to continue with face-to-face treatment and imaging during the pandemic."

The team were supported by the NIHR Clinical Research Network, along with Trial Managers Yvette Walters, Luke Ingram and TMS team lead Joe Stone. They wish to thank Notts Healthcare Adult Mental Health Services, especially Dr Sudheer Lankappa, Dr Bebe Fahy, Dr Mike Harris, Dr Mel Hobbs, and the Primary Care Team for connecting with GP practices, Institute colleagues Prof Peter Liddle, Dr Louise Thomson, Dr Paul Briley, and the communications team for promoting the study and securing a feature on BBC News. They'd also like to thank everyone who took part, including those who weren't eligible to participate.

"TMS is likely to become a widely used treatment for depression if it can produce improvements that last six months or more. This study will determine if, by using brain imaging to personalise one type of TMS, we can extend the response to treatment so that it lasts longer. It will also supply a lot of other information that may further improve the treatment and its costs so that the NHS and other health care systems in the world can decide whether to invest in TMS and brain imaging to support it."
Professor Richard Morriss.

Participants are now in follow-up and results are expected in February 2023.



To find out more about BRIGHtMIND and TMS
[visit our website](#)

CANDAL researchers make Nottingham a city of expertise

Nottingham is one of the highest-ranking cities for expertise in ADHD outside London, thanks to the work of CANDAL colleagues.

Under Dr Maddie Groom's leadership of the Centre for ADHD and Neurodevelopmental Disorders (CANDAL), the University of Nottingham has been rated 13th of out 2777 organisations for expertise in ADHD according to the latest expertscape ratings, making Nottingham one of only 3 cities in the UK to appear in the top 20.

The high rating for Nottingham is due to a group effort from staff in the School of Medicine, School of Psychology and CANDAL in the Institute of Mental Health. Professor Sam Cortese (Honorary Professor), Professor David Daley and Professor Kapil Sayal all within Mental Health and Clinical Neurosciences in the School of Medicine were ranked, 1st, 42nd and 53rd respectively out of 41,033 experts worldwide.

In addition, MindTech's Chris Hollis appears in the ranking, with his research making a significant contribution to the canon of ADHD evidence.



Midlands Mental Health & Neurosciences Doctoral Training Programme:



Call for PhD expressions of interest and new supervisors

The Midlands Mental Health and Neurosciences Doctoral Training Programme is due to accept its first intake in October 2022. Over the next five years, the programme will train 38 PhD students, 14 of which will be based at the University of Nottingham.

This PhD Programme intends to support healthcare professionals seeking to combine a clinical and academic career and will strongly encourage applicants from diverse backgrounds and professions, with an interest in mental health or translational neurosciences, to apply.

Applications are now open until 31st March 2022 for expressions of interest from any prospective students. Visit www.midlandsmhndtp.ac.uk for submission details.

Potential supervisors are also invited to submit details of proposed topics / projects, with the primary focus being 'mental health and neurosciences', by completing [this form](#). For more details, please [contact the programme leads](#).

Rainbow-PATHS showcased at LGBT+ History Month exhibition

Centre for Dementia Research Fellow Dr Claudio Di Lorito was selected to exhibit his work at a new exhibition celebrating LGBT+ History Month.

Following his work around equality and inclusivity in dementia services for LGBT+ patients and carers, Claudio was selected to showcase

his findings in the recent University of Nottingham exhibition, Unmuting Ourselves.

Titled, 'Are dementia services and support organizations meeting the needs of Lesbian, Gay, Bisexual and Transgender families experiencing dementia?' the exhibit is the latest development in a project which has gathered international support and collaboration along the way. You can view it [here](#).

If you'd like to read more about Claudio's work in this area, here's a [recent blog post](#) he wrote for the Institute, outlining the background to his work and why this is as much a personal endeavour as a research project.



A Trust first for Institute administrator

Wendy Wheat of our reception and administration team has become the first Nottinghamshire Healthcare NHS Foundation Trust employee to be awarded a National Volunteer Certificate. As well as volunteering within the Trust, Wendy supported the community during the height of the Covid pandemic. On top of all that, she celebrates 20 years in the NHS this month too!



Read more about her amazing achievement [here](#).

Dementia blog

The 'Dementia Day to Day' blog has been running since 2015, led by members of our Centre for Dementia. The archive of over 300 blogs has recently been moved to now feature as part of the Institute's website. It will continue to welcome contributions on any aspect of dementia, be that research, care, personal experience, or simply creative writing.



Read the latest dementia blog [online now](#).

NIHR announce 2022 Senior Investigator accolades

Congratulations to Institute Director Professor Martin Orrell, who has been re-appointed as an NIHR Senior Investigator for a further 3 years, after which time he will become an Emeritus Senior Investigator.

The National Institute for Health Research (NIHR) appoints Senior Investigators each year, in recognition of outstanding leaders in healthcare research, so we're delighted that Martin's contribution to the research community has been recognised.

'I am delighted and honoured to be reappointed as an NIHR Senior Investigator and look forward to continuing to contribute to the NIHR community for the benefit of UK research and the NHS'

Awarded to the 'most prominent and prestigious researchers funded by the NIHR', Martin is one of six Institute colleagues to receive the award, along with Professor Kapil Sayal, Professor Richard Morriss, Professor Chris Hollis, Professor Tony Avery, and Professor Tim Coleman.

Response to new quality standard for health and wellness apps

Colleagues from MindTech and the Institute of Mental Health have raised concerns about a new international quality standard for health and wellness apps, recently published by the International Organisation for Standardisation.

Alongside a panel of experts, Dr Michael Craven and Professor Tom Denning have published their comments and recommendations in the Lancet this week, arguing that, "in its current form, the standard could stigmatise some app users and worsen inequalities in access to digital health technologies."

Dr Craven has previously contributed to the development of UK standards for healthcare apps, and both he and Professor Denning are members of the INTERDEM Assistive Technologies Taskforce – read their recent position paper [here](#).



Read the article in full [here](#).



Retirement of Professor Amanda Griffiths

Amanda Griffiths, Professor of Occupational Health Psychology at the University of Nottingham School of Medicine and the Institute of Mental Health, has recently retired. Amanda has been influential in the development of national and international policy and guidance for employers, raising awareness about menopause and working life.

Amanda conducted the largest study to date in the UK, about menopause and work. This pioneering research was recognised when she was awarded an Honorary Fellowship by the Royal College of Physicians' Faculty of Occupational Medicine.

Her research work has attracted high profile media attention and in a 2019 interview with The Guardian newspaper she explained there needed to be an atmosphere at work where people could talk about their health:

"For me there is a big issue here, which is not just about women having problems with menopause. It is about managers understanding it is perfectly normal for us to have health problems. There needs to be an atmosphere at work where people can talk about health, instead of which we tend to have this fear in some organisations that if we have a health condition there will be some sort of stigma attached to it."

Amanda has been an enthusiastic contributor to the MSc in Workplace Health and Wellbeing,

raising awareness among workplace practitioners about the importance of an evidence-based approach to workplace health and wellbeing. She has a long-standing interest in the health and wellbeing of older workers and has worked closely with colleagues from the Institute's Centre for Dementia. Professor Tom Denning, Director of the Centre for Dementia, celebrated Amanda's immense contribution:

"Amanda has been a brilliant colleague and a great supporter of the Centre for Dementia. As well as being a distinguished academic occupational health psychologist, Amanda has made a great contribution to research in the area of work and the menopause. Many postgraduate students owe much to her teaching, including leading the Masters module on Dementia. Amanda has always been a great source of wise advice, support and herbal tea to her colleagues. We are delighted to welcome her appointment as Emeritus Professor."



Amanda will be continuing a reduced programme of research and policy activities in her new role as Emeritus Professor of Occupational Health Psychology and will continue to supervise several PhD students.

2022 IMH Research Days

**Tuesday 17th and Wednesday 18th May 2022,
Institute of Mental Health, Nottingham**

This year's IMH Research Day event will be hosted over two days so we can extend the networking and socialising opportunities that we can offer to all who attend our first face to face event for over two years. Each day will cover different topics and themes; registration will open in April once abstracts have been accepted and the two day programme is announced.



This will be our 9th IMH Research Day event, and the aims are to highlight the work of the Institute's doctoral candidates, Managed Innovation Networks (MINs), and all early-career researchers (including research assistants, research fellows, and research-active clinicians and service users). The event celebrates the breadth of ideas and research work currently taking place within the Institute of Mental Health.

We prioritise those who are affiliated with the Institute of Mental Health, Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham when selecting presentations for this event.

We are delighted to welcome **Alison Faulkner** as this year's plenary speaker. Author, survivor researcher, lived experience advocate and

activist, Alison will be sharing her 30 years' experience and knowledge with us.

Oral and poster presentations are now being accepted – closing date 5pm Tuesday 29th March 2022 – full information about abstract criteria and submissions can be found on [our website](#).



[Submit your written abstract here.](#)

Registration will open [via our website](#) in early April.

Rising Star Award for Claudio

Dr Claudio Di Lorito received a Rising Star award for public engagement, from the University of Nottingham Institute for Policy and Engagement. He was recognised for his commitment to inclusion in research of members of the public that have been often underserved in research and service provision.



Read more and watch his acceptance video [here](#).



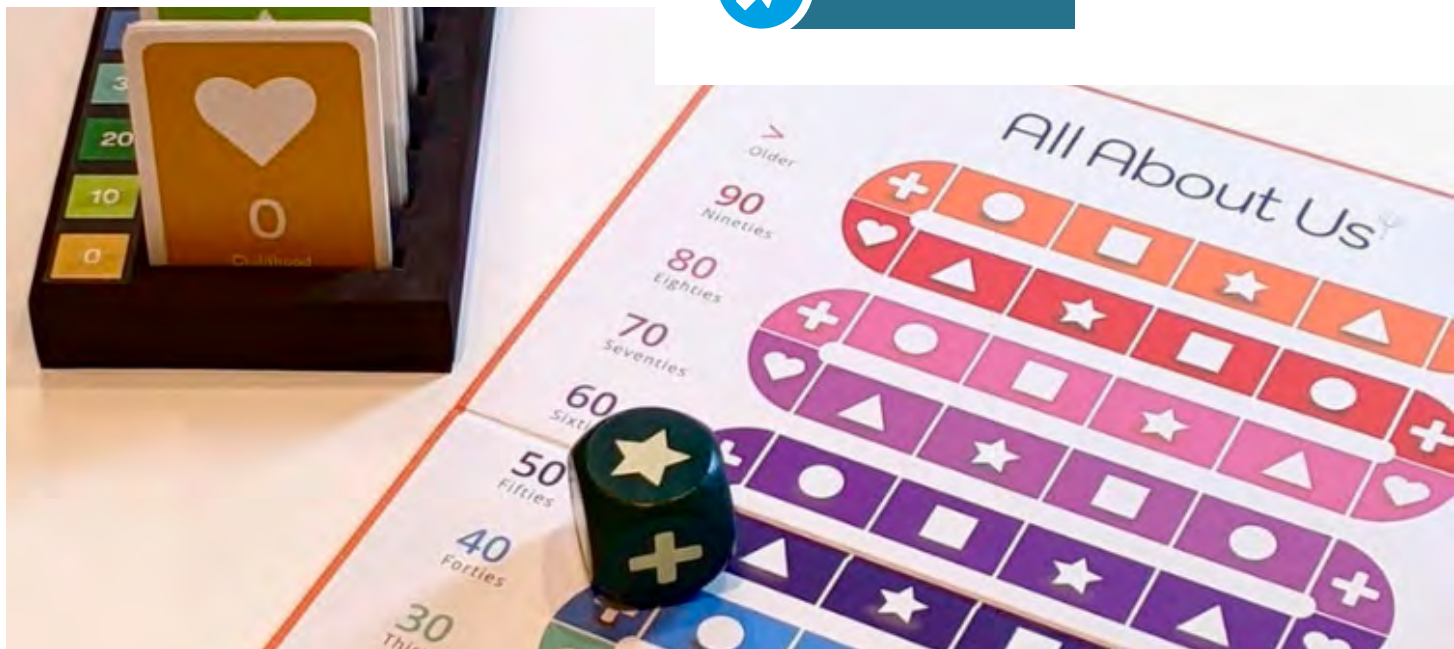
All About Us: New board game boosts confidence and wellbeing for people with dementia

A new life-storytelling board game has been released to help boost the self-confidence and wellbeing of people with dementia as they adjust to their diagnosis.

All About Us was jointly developed by a team of international researchers, including colleagues from MindTech and the Institute of Mental Health, professional care and design experts, along with people living with dementia.



Read more [here](#).



Alpha-Stim-D trial meets recruitment target

The Alpha-Stim-D trial has successfully recruited 236 participants, meeting their recruitment target 25 days ahead of time and despite recruitment being delayed by six months due to Covid19. This is a fantastic achievement given that all the recruitment has taken place during the pandemic.

Depression affects an estimated 1 in 6 people in the UK every year, yet for many of them traditional treatment options aren't always helpful, acceptable, or accessible. The Alpha-Stim AID device is an alternative intervention, which works by providing electrotherapy stimulations that change the electrical activity of the brain to more relaxing rhythms. It has the added benefit of being used conveniently at home, without having to travel to appointments.

The Alpha-Stim-D Trial is a Randomised Controlled Trial (RCT) investigating the clinical and cost effectiveness of the Alpha-Stim AID device for the treatment of depressive symptoms in Primary Care. Participants are asked to use the device for one hour a day over eight weeks. Any changes in depressive symptoms are recorded at 4, 8 and 16 weeks. Participants are also asked for their thoughts on using the device, to help determine whether it should be made available on the NHS.

GP surgeries in the following regions have recruited participants to the trial: Nottinghamshire, Lincolnshire, Derbyshire, Leicestershire, Northamptonshire, Oxfordshire, Milton Keynes, Berkshire, and Buckinghamshire.

The University of Nottingham Health Service is the top recruiting site for this study with 59 participants, or 25% of the total number of people taking part in the trial. Mental Health Nurse Practitioner Stuart Keeling said "I have seen the very clear benefits that Alpha-Stim has provided to patients who are experiencing mental health difficulties. It is very easy to use, and patients report that they have found it beneficial to use at a time which works for them and does not restrict their day-to-day plans. Alpha-Stim has very much complemented patients' existing recovery approaches".

Another research nurse at the University site said:

"This is the easiest study I've ever done; the research team are very communicative and always answer questions, including sending me a You Tube video that was very helpful. The instructions are clear and concise, and it's been a pleasure working on this research study."



The trial has completed recruitment and is now in the follow up stage of the project. The next steps will be to complete collection of all outcome data and analysis of the data. Qualitative interviews will also be taking place with some participants who were involved in the trial.

The Alpha-Stim-D trial team would like to say a huge thank you to everyone who has participated and supported the trial. Your contributions and ongoing support have been extremely valuable in helping us to reach our recruitment target. We hope to share the findings of the trial in due course.

The researchers are extremely grateful to Primary Care GP surgeries for referring patients to the study during these unprecedented and challenging times.

The Alpha-Stim-D trial is funded by the National Institute of Health Research (NIHR) Applied Research Collaborative East Midlands. The study is led by Chief Investigator Professor Richard Morriss and has been supported by Primary Care CRNs in the East Midlands and Thames Valley and South Midlands (TVSM).

New paper evaluates app for children with anxiety

In a recent paper in JMIR Mental Health, MindTech colleagues evaluate recent research into a mobile app intervention for children with moderate anxiety.

Childhood anxiety disorders are a prevalent but treatable problem, yet access to treatment can be limited. Researchers evaluated Lumi Nova, a mobile app intervention for children age 7-12 years which targets mild to moderate anxiety problems using exposure-based CBT strategies delivered via an immersive game which can be played at home. Read more on the [MindTech website](#).



News in brief

Menopause curriculum – recommendations published

Professor Amanda Griffiths of our Centre for Dementia has collaborated on recommendations for a menopause curriculum for healthcare professionals. Including key symptoms and treatment options, it's essential reading for everyone working in healthcare, not just gynaecology.



Read the European Menopause and Andropause Society (EMAS) mission statement [here](#).

Mirtazapine and mortality

Colleagues from across the Institute have published their findings, following an investigation into the antidepressant mirtazapine and a possible increased risk of mortality.



Read the paper in full [here](#).

Global Pride Study

Dr Claudio Di Lorito from our Centre for Dementia is collaborating on a global survey of health and wellbeing in the LGBTQ+ community with more than 40 scholars from across the globe. If you're an LGBTQ+ adult, can you spare a moment to complete [this confidential and anonymous questionnaire](#)?

For more information, visit GlobalPrideStudy.org

AQUEDUCT gets off the ground, despite Covid-19

The AQUEDUCT study sees its protocol published in the *Trials* journal, as the project gets underway despite Covid-19.

Sponsored by Nottinghamshire Healthcare NHS Foundation Trust, the study team are working with crisis teams in dementia care, investigating whether the use of a Resource Kit helps prevent hospital admissions.

Despite Covid-19, AQUEDUCT (Achieving Quality and Effectiveness in Dementia Using Crisis Teams) is now up and running, and recruiting participants, with researchers going the extra mile to ensure the study continues. An example being to maintain

consistency in supporting the crisis teams, who work 365 days a year, ensuring weekly contact continues as expected over bank holidays, etc, something which crisis teams have valued.

AQUEDUCT Programme Manager Dr Donna Maria Coleston-Shields is delighted the study is going ahead:

“We should not have been able to get this trial up and running but against the odds, we have done so. It involves a complex intervention aimed at complex, frantically busy services that work with complex clinical situations (dementia crisis) and we’ve been doing all of this during ‘the age of Covid’. But the study is working and we’re recruiting!”



To find out more about AQUEDUCT and read the trial protocol, click [here](#).



aqueduct

News in brief

Retirement of Research Delivery Nurse, Dave Trevor

We bid a fond farewell to Dave Trevor from the Research Delivery Team, who retires after 33 years in Nottinghamshire Healthcare NHS Foundation Trust. Dave joined the Nottingham School of Nursing in 1989, working in in-patient services for many years before joining the Mental Health Research Network on secondment in 2007. He’s been a Research Delivery Nurse with the Clinical Research Network since then and is a familiar face in the Institute of Mental Health. Dave plans to spend his time cycling and rekindling his love of rambling in the Peak District. While we’ll miss Dave, we wish him all the very best on his new adventure.



Suicide Prevention Stakeholder Network

Nottingham city and Nottinghamshire county councils and NHS partners are collaborating to develop a network, bringing together organisations working with people who may be at risk of suicide. Together, they aim to help shape suicide prevention work in Nottinghamshire, share good practice and connect, support, and signpost groups and professionals in the field.

The Institute of Mental Health's Evaluation team and Research Delivery team are working with the leads to evaluate the suicide prevention training currently on offer across the county and what improvements or changes could be made to the provisions on offer. For more information about the project please contact Research Development & Delivery Manager, [Laurie Hare-Duke](#).

CANDAL

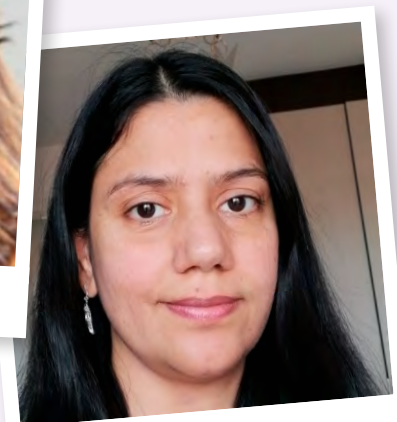
CANDAL welcomes new members

We're delighted to welcome two new members to the CANDAL team:

Sobana Wijeakumar is an Assistant Professor at the University of Nottingham's School of Psychology, and is PI for a new study investigating brain synchrony between mothers and babies. Indu Dubey is also Assistant Professor in Psychology and is researching anxiety and its impact on social functioning in autism. Welcome to the team!



Sobana Wijeakumar



Indu Dubey

How do babies “fall into sync” with their mothers?



Project NeuroSync is a new study led by a group of developmental researchers in the School of Psychology at the University of Nottingham, and the Institute of Mental Health's Centre for ADHD and Neurodevelopmental Disorders.

This new research project will investigate how babies learn to interact, respond to, and ‘fall into sync’ with their mothers, and mums and babies are now being invited to take part. To find out more [visit our website](#).

NIHR ARC East Midlands announces funding for up to 5 PhD studentships to commence in Autumn 2022



NIHR ARC EM is an applied research centre aiming to improve outcomes for patients and the public and to increase the efficiency, quality, accessibility and sustainability of health and care services. They've announced the following PhD studentships:

- **PhD funding call: 4 part-funded studentships available** We have an open, competitive call for PhD funding to commence by Autumn 2022 at an East Midlands university. Awards will be made at 50% UKR&I Home/EU rates and require top-up match-funding. Deadline: 19/04/22. Full details [here](#)
- **PhD opportunity: Mental health, ageing and frailty** We have funding for a PhD studentship to conduct original empirical applied research around the areas of mental health, ageing and frailty, and/or stroke rehabilitation which will be hosted at the University of Nottingham. Deadline: 19/04/22. Full details [here](#).

NEuRoMS project – 5 minute puzzle

Can you spare 5 minutes to complete an online puzzle, and help with MS research?

Our NEuRoMS colleagues are inviting people to help develop ways of identifying problems with remembering, learning new things, paying attention, and concentrating. They've developed a way of assessing these problems electronically on mobile phones or tablets, and would like people to complete some puzzles and answer some questions using their own device. They're hoping that the puzzles can be used in the NHS to help people with Multiple Sclerosis and are inviting people aged 18 and over who do not have any cognitive problems, and can understand English to take part. You can use your own phone or tablet and it shouldn't take more than 5-10 minutes. You'll be given the opportunity to enter a prize draw for eight prizes of £25 worth of shopping vouchers.



Find out more [here](#).

Opportunity to be involved in new acquired brain injury study

We have an exciting opportunity to be involved with a new study about acquired brain injury.

Dr Kim Fletcher (a Clinical Neuropsychologist) is leading a research study exploring an online, group-based neuropsychological rehabilitation programme for people who have experienced an acquired brain injury (e.g. stroke, traumatic brain injury).

As part of this study a Patient and Public Involvement group will be created with the aim of helping inform the research with lived experiences - bringing the experiences and knowledge of the group members into the research teams' conversations.

This group will be active from March 2022 until November 2023 (when the project is expected to end) and will be meeting online every three months. There has already been some fantastic interest in the group, but the project team would still like to speak to more people who may be interested in joining.



If you are interested in learning more about this Patient and Public Involvement group, Kate Horton (Public Involvement Coordinator at the Institute of Mental Health) would like to meet you and arrange an online, virtual call. In the call she can tell you more about the project and the project plans so far.

If you are interested in attending or finding out more generally about this research, then please contact Kate in any of the following ways:

Email: Kate.Horton@nottshc.nhs.uk

Mobile / text / WhatsApp: 07971 106312

Centre contributes to UK Home Office report

Professor Eddie Kane, director of the Centre for Health and Justice, has co-authored a Home Office report into the impact of an awareness-raising project in domestic abuse.

Domestic abuse is a significant issue across the UK, with the police often being the first line of contact. Project CARA (Cautioning and Relationship Abuse) offers a programme of awareness training to male and female first offenders, as part of a Conditional Caution.

The project found that the CARA Service had an impact not only on offending behaviour, but on the economic burden of this widespread problem.



[Read the report here](#)



Nottingham psychologist becomes first to receive prestigious award to improve stroke rehabilitation care

Dr Eirini Kontou, Highly Specialist Clinical Psychologist and Senior Research Fellow, has been awarded a Health Education England/NIHR Integrated Clinical Academic (ICA) Lectureship.

The HEE/NIHR ICA Lectureship programme is a competitive scheme that supports clinical academics to develop as future research leaders in their field. Dr Kontou is the first clinical psychologist working in stroke to have received this type of clinical lectureship from the NIHR.

This prestigious award will be based at the Institute of Mental Health supported by host Nottinghamshire Healthcare NHS Foundation Trust in partnership with the University of Nottingham (UoN).

Dr Kontou will split her time between academic, research and clinical activities to combine her roles across both organisations. Helping people after stroke who experience emotional and cognitive difficulties has been at the heart of Dr Kontou's academic career and her clinical work as a clinical psychologist.

Improving psychological care pathways for people who are diagnosed with a Transient Ischaemic Attack (also known as TIA) and minor stroke will be the focus of her HEE/NIHR Clinical Lectureship. This is an ambitious research programme involving three studies that will build on the research evidence in this area and will aim to drive local and national service improvements for the provision of psychological care post-stroke.



Dr Kontou said,

“This award highlights the importance of psychological care and helping people to access the support they need after any type of stroke. It will improve our knowledge and understanding of existing pathways of care for people with minor strokes who often experience ‘hidden’ difficulties such as depression, anxiety or a decline in their thinking skills.”

“This award offers a unique opportunity for me to combine my clinical role with research work. Bringing knowledge and experiences directly from time spent with my patients to apply to my research should enrich the quality of my research studies and the final results.”



Click to read more news:
www.institutemh.org.uk/news

“Drunk people are on a different level...”

How do young people who drink little or no alcohol transition to university life? MindTech’s Dr Bethan Davies, along with colleagues from the University of Nottingham School of Medicine explore this issue in their latest paper, featured in the journal, *Frontiers in Psychology*.



Read it in full [here](#).



Perspectives in Public Health – special issue announcement



Institute colleagues are guest-editing a special issue of the journal Perspectives in Public Health and are now welcoming papers from potential contributors.

Dr Stefan Rennick-Egglestone and Dr Theo Stickley will co-edit the issue, “Recovery outside of mental health services: what can public health contribute?” and would like to hear about practice and research that focuses on increasing wellbeing as it relates to mental health, and which is not necessarily situated in statutory mental health services.

They welcome contributions covering the entire age-span from childhood through to end-of-life, both national and international. They can include articles that draw on the author’s experience of mental health problems to make recommendations for public health policy and practice.



Read more about the submission criteria: www.institutemh.org.uk

New blog post!

What’s it like working with research participants on their dementia journey? Notts Healthcare Research Delivery Officer Paula Brown writes about her personal experience of working on dementia studies in [this latest blog post](#) for the IMH.

