

In the news...



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

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.

WHO report highlights urgent need to transform mental health care

The World Health Organization (WHO) has released its largest analysis of world mental health in 20 years.

The detailed work provides a blueprint for governments, academics, health professionals, civil society, and others with an ambition to support the world in transforming mental health. As a designated WHO Collaborating Centre, we are proud to support the publication of this global report.

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- “What’s Up With Everyone” researchers publish findings
- Winners announced in 2021 IMH Publication Awards
- Coveted WHO award for Dr Ahmed Hankir
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Welcome

Our **July 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



We begin this edition of our newsletter with a global view on mental health. Our designation as a World Health Organization (WHO) collaborating centre connects our work and expertise with a global network of mental health organisations, advocates, policy makers and world leaders. I'm extremely proud that our institution gets highlighted at WHO events and you can read more about the global award given to our colleague Dr Ahmed Hankir on page 6.

From a global view to a much more local snapshot, we were delighted to welcome so many colleagues back to the Institute in May to hold our first Research Day events in two years. We have been holding these annual events for many years and they serve as an opportunity for our PhD students, early career researchers and Managed Innovation Network teams to share their latest

work with colleagues from across the Institute and our partnership organisations. There was a great diversity of research work presented, all to a high standard and with the added enjoyment of being in each other's company after so long! Read more about this year's prize-winning presentations on page 3.

We are now looking forward to hosting more face-to-face events in the coming months, alongside a programme of online events – find highlights on page 14 or visit www.institutemh.org.uk/events for the latest listings.

Stay safe and well.

Please visit our [website](http://www.institutemh.org.uk) or follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) for all our latest news and updates.

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The report urges mental health decision makers and advocates to step up their commitment and action to change attitudes, actions and approaches to mental health and mental health care.

Our director, Professor Martin Orrell (and Co-Director for the WHO's Collaborating Centre on Mental Health, Disability and Human Rights) welcomed the report and the important role research can play in delivering the WHO's global ambitions:

"We are proud to be part of the World Health Organization's network of collaborating centres, which enables our academics and researchers to share their research and findings with a global audience. Through our work as a WHO collaborating centre, we have been able to direct our research and evidence so that it can directly improve the quality of care in mental health and related services and promote the rights of people with mental health problems. As part of our new five-year strategic plan, we have described a vision for the future which includes



'...to produce research that will inspire change and improve the mental health of people locally, nationally, and internationally' - our involvement and commitment to supporting the WHO's new world mental health report demonstrates just one of the ways we will do this."

The report was launched online at 14:00 (CEST) on Friday 17th June 2022. The launch event included a passionate speech from Dr Ahmed Hankir, Public Education and Engagement Lead for our WHO Collaborating Centre. Dr Hankir advocated for the voices of people living with mental health conditions to be heard and acted on.



Visit the [WHO website](http://www.who.int/mentalhealth) to read the report in full.

2022 IMH Research Days

Our building was brought to life again in May as we hosted our 2022 Annual IMH Research Days.

Throughout Tuesday 17th and Wednesday 18th May we welcomed attendees to watch presentations and view posters from a selection of our early career researchers and involvement volunteers.

It was wonderful to see such a breadth of research ideas and knowledge being presented by our colleagues. We'd like to thank everyone who took part in the event and to all those who attended for making this an excellent return to form after a hiatus of two years.

As is tradition at our Research Day events, prizes are awarded for best oral and best poster presentations. Everyone who attended the event was invited to vote for the best poster presentation on the day, with the organising committee voting on the oral presentations.

We're delighted to announce this year's winners:

Tuesday 17th May

Best poster presentation:

Fiona Ng, Research Fellow,
University of Nottingham

The Craig Dixon memorial prize for best oral presentation:

Merly McPhilbin, Research Assistant,
RECOLLECT study

Wednesday 18th May

Best poster presentation:

Niquita Alexander-Pilgrim, PhD student,
University of Nottingham.

The Craig Dixon memorial prize for best oral presentation:

Yasmin Ali, Qualitative Researcher, NEON study

Congratulations all!



Thank you to everyone who also attended our Spring Social event, held on the evening of Tuesday 17th May. A sociable few hours reconnecting with colleagues and for a good cause too – **we raised £25 for the Alzheimer's Society Denim for Dementia campaign.**

2021 Publications Awards winners announced

We are also delighted to announce the winners of this year's IMH Publication Awards, our annual competition open to all associated with the Institute, through Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham.



There were six categories to apply for and the winners were selected by a judging panel of researchers, academics, and a public involvement volunteer.

Our winners this year are as follows:

Category A - Best overall publication:

Stefan Rennick-Egglestone: [Recorded Mental Health Recovery Narratives as a Resource for People Affected by Mental Health Problems: Development of the Narrative Experiences Online \(NEON\) Intervention](#)

Category B - Best publication when the author has published no more than six previous publications:

Kareem Khan: [Fidelity of Delivery and Contextual Factors Influencing Children's Level of Engagement: Process Evaluation of the Online Remote Behavioural Intervention for Tics Trial](#).

Category C - Best publication flowing from work during doctoral studies or as part of a doctoral dissertation – jointly awarded to:

Iti Arora Fedyushkin & Alessio Bellato: [Heart Rate Variability in Children and Adolescents with Autism, ADHD and Co-occurring Autism and ADHD, During Passive and Active Experimental Conditions](#).

Jack Tomlin: [Strength-and recovery-based approaches in forensic mental health in late modernity: Increasingly incorporating a human rights angle?](#)

Category D - Best publication by an employee of Nottinghamshire Healthcare NHS Foundation Trust who does not have a substantive contract with a university:

Paul Briley: [Regional brain correlates of beta bursts in health and psychosis: a concurrent electroencephalography and functional magnetic resonance imaging study](#).

Category E - Best publication co-authored with a person with lived experience of mental distress or a current or former user of mental health services:

Fiona Ng: [Post-traumatic growth in psychosis: a systematic review and narrative synthesis](#)

Category F - Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services:

Caroline Yeo: [Uses and misuses of recorded mental health lived experience narratives in healthcare and community settings: systematic review](#).

Congratulations to all our winners. Well done all.

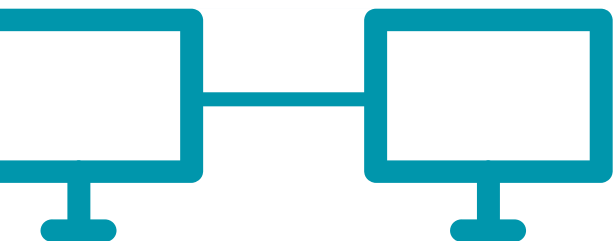
Creative storytelling in dementia

PhD student Surinder Bangar has become one of a handful of people in the UK to complete creative storytelling training to use in her dementia research.

Founded in the United States over twenty years ago as a way of connecting with older adults with dementia, Timeslips is a creative storytelling activity which invites people to respond to an image or object. The approach shifts the emphasis from the expectation to remember, to the freedom to use imagination – there are no right or wrong answers, the activity is designed to be failure-free,

Timeslips can be used one to one or in group settings, face-to-face or remotely. Studies have shown positive effects for those involved, encouraging engagement and enjoyment through sharing experiences with each other and generating a sense of achievement.

Congratulations Bangar – we look forward to seeing the results!



Introducing Clinical Research Practitioners



Rhianne Bostock of Nottinghamshire Healthcare's Research Delivery Team champions the Clinical Research Practitioner role in a new post for the Institute blog. She describes the benefits of this accreditation scheme for staff, patients, and study teams, and how it is being rolled out locally.



Read more on [our blog](#).

CANDAL summer seminar series

Following the success of last year's seminar series, we've been hosting a second series of events in June and July 2022, with speakers from a range of backgrounds sharing their research and experience.



Seminar 1:
**Autistic, but not just autistic:
diversity of experience within
the neurotype**



Seminar 2:
**Understanding and supporting
neurodiversity in the classroom**



Seminar 3:
**Digital technology for
neurodiversities**
(Registration closes July 8)

Each seminar is recorded and available to [watch online](#).



Coveted WHO award for Dr Ahmed Hankir

Congratulations to our colleague Dr Ahmed Hankir who has been awarded one of only six World Health Organisation (WHO) Director-General's Health Leaders Awards, "for his work in empowering, dignifying and humanising people living with mental health conditions."

Dr Hankir joined our team in 2021 to become Lead for Public Education and Engagement at our WHO Collaborating Centre for Mental Health Disabilities and Human Rights.

The award was presented by WHO Director-General, Dr Tedros Adhanom Ghebreyesus, at the 75th World Health Assembly in Geneva who remarked, "These awardees embody lifelong dedication, relentless advocacy, a commitment to equity, and selfless service of humanity."

Dr Hankir's moving acceptance speech can be viewed on the [WHO news pages](#). Once there, go to 'Plenary' on the right-hand side, then go to 'High-level welcome'. Fast forward to 2:19:00.



To read more about the awards and the winners, [visit the WHO website](#), where you can also discover a little more about Dr Hankir.



CALMED study findings published

People with borderline personality disorder are often given medication, but no drugs are licensed for this condition.

In recent years doctors have tried using 'clozapine', an antipsychotic drug which is effective in treating other mental health conditions. There have been reports that it can improve mental health of inpatients with borderline personality disorder, but the drug has serious side effects which can be life-threatening, and no clinical trials had been conducted, until the CALMED study began in 2019.

CALMED (The clinical effectiveness and cost-effectiveness of clozapine for in-patients with severe borderline personality disorder study) was led by Imperial College, London, with Nottinghamshire Healthcare NHS Foundation Trust's Arnold Lodge and Rampton Hospital becoming one of the most successful patient

recruitment sites (3rd highest recruiting site overall and top NHS site in the whole study). Notts Healthcare consultant psychiatrist Simon Gibbon was a lead author on the study's recent paper published in the [Therapeutic Advances in Psychopharmacology journal](#).



Loneliness and mental health

This year's Mental Health Awareness Week was held in May, with the theme of loneliness. Along with many across the UK, we supported the campaign and shared research, resources and blogs linked to the theme, including a new piece from Prof Paul Crawford (Centre for Social Futures) taking this year's theme of 'loneliness' and applying it to the unique challenges facing our young people today. Ghazal Mazloumi shared the experiences of caregivers through her work with Trent Dementia.



Together we can tackle loneliness



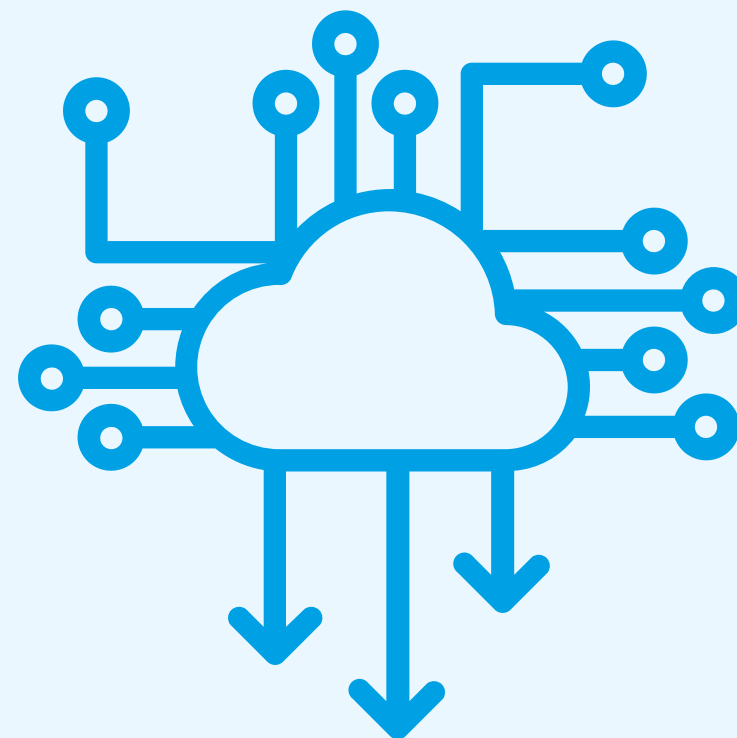
RADAR-CNS paves the way

for use of remote measurement technology to manage depression, multiple sclerosis, and epilepsy.

The results of a six-year project involving 22 organisations across Europe and the United States have provided landmark insights into how technology in the form of wearables and smartphones could transform how we monitor and manage depression, multiple sclerosis (MS) and epilepsy.

Since its launch in 2016, the Remote Assessment of Disease and Relapse – Central Nervous System Consortium (RADAR-CNS) has recruited 1,450 participants in a study to answer questions that are central to harnessing the potential of wearable devices to measure and predict depression, MS, and epilepsy. Collectively, these conditions affect more than 330 million people globally, are a major cause of disability and have an enormous impact on wellbeing.

Together with participants, researchers assessed seven wearable devices including smart watches and activity trackers alongside smartphones. In total the project has amassed over 62 terabytes of data.



Visit mindtech.org.uk to read more on this pioneering project.

Tourettes Awareness Month

Teams across the Institute worked with charity Tourettes Action to raise awareness of tics and Tourettes, a condition with limited service provision across the UK.

With the support of the local community, Nottingham's historic buildings turned green on 7 June and we put together some of our current research into Tourettes, highlighting the difficulties people face when trying to access care and treatment for this often misunderstood condition.

Tourette Syndrome is a chronic tic disorder which causes significant difficulties across all areas of life, including school/work, home, and relationships. Those with the condition experience stigma and misunderstanding from the general public, which can lead to poor self-esteem and mental health problems, including anxiety, depression, and suicidality. This lack of understanding extends to healthcare services, with no clear referral process and a lack of specialist provision.

Photo credits

Left, top: Wollaton Hall, Chris Denning
Left, bottom: Nottingham Council House, Jennifer Salvage
Right: University of Nottingham's Trent Building, Camilla Babbage



To read more about our Tourettes research, [visit our website](#).

STADIA protocol published in BMJ Open

Following its recent recruitment success, the STADIA trial protocol is now published in BMJ Open.

Commissioned and funded by the National Institute for Health and Care Research (NIHR), STADIA focuses on children and young people with emotional difficulties who have been referred to Child and Adolescent Mental Health Services (CAMHS). Despite the well documented rise in mental health difficulties in young people, access to services can be challenging, and has been further complicated by COVID-19.

STADIA is investigating whether the use of an additional assessment tool (the DAWBA – Development and Wellbeing Assessment), as an aid to usual clinical support, helps with the identification of emotional disorders and the referral process. The trial is led by Chief Investigator and Nottinghamshire Healthcare NHS Foundation Trust Consultant Psychiatrist Professor Kapil Sayal, along with local lead Research Delivery Officer Paula Brown, and the Nottingham Clinical Trials Unit.

PhD paper recognised as “Publication of the month”

Federica D’Andrea has just completed her PhD, supervised by Prof Tom Dening (lead for our Centre for Dementia) and Prof Victoria Tischler (formerly University of Nottingham and Institute of Mental Health) and recently had her “Olfactory stimulation for people with dementia: A rapid review” paper (published in the Dementia Journal) recognised by INTERDEM as their publication of the month.



Read the article at www.interdem.org

Alzheimer's Society feature MindTech work in new publication

A collaboration including partners from MindTech, the Institute of Mental Health's Centre for Dementia and Nottinghamshire Healthcare NHS Foundation Trust features in a new practical guide to designing products for and with people living with dementia.

The MinD project – Designing for people with Dementia – was a collaboration of researchers, care professionals and design staff from across Europe, which is now continuing as a network. Its mission is to promote design as a key tool to improve the health and wellbeing of those affected by dementia.



Full story on the [MindTech website](https://www.mindtech.org.uk).

Word Walk zine launch

Back in 2018, we launched the “Surviving by Storytelling” series of creative writing workshops that explored the ways in which re-visiting, re-telling, and re-writing our personal stories together, can help us find strategies for living with trauma and anxieties.

Following those initial workshops, Mark Pearson (Assistant Professor in Mental Health, School of Health Sciences) then developed a Managed Innovation Network (MIN) funded by the Institute to further explore the therapeutic value of creative writing.

Last year a series of workshops were held as part of the MIN's research work, including two “Word Walks” – guided walks led by Nottingham-based poet Bridie Squires, around Highfields Park. The words and creative scribbles collated by the Word Walkers have been made into zines and featured as part of this year's Nottingham Poetry Festival. The festival hosted a Word Walk zine launch at Nottingham Waterstone's on Sat 7th May, and Mark also took part as a panellist at other events during the festival.



gameChangeVR featured by the Mental Elf

The [gameChangeVR](#) trial has been reviewed for the [Mental Elf](#), a leading platform for sharing and evaluating mental health research.

GameChangeVR trialled the use of virtual reality, using CBT style interventions, to help people with psychosis who find everyday social situations anxiety provoking. Reviewed by Dr Imogen Bell for the Mental Elf, the review found strengths and limitations, remarking:

“The gameChangeVR trial was not just a high quality randomised controlled trial, but the culmination of decades of empirical research which provided a strong theoretical foundation for the intervention.”

The study was funded by the National Institute for Health and Care Research ‘Invention for Innovation’ (i4i) Mental Health Challenge Award and led by Professor Daniel Freeman of the University of Oxford.

We worked closely with our local partners, including Principal Investigator Dr Eileen

O'Regan and the Research Delivery Team, both of Nottinghamshire Healthcare NHS Foundation Trust. This large national project included NHS Trusts, universities, the Royal College of Art, the McPin Foundation, Oxford VR, NIHR MindTech and public involvement contributors.

The results of gameChangeVR have now been published in the Lancet – read more about the findings on the [Institute of Mental Health website](#).



Institute staff go Red4Research

On 17 June, we invited colleagues, patients, and volunteers to wear #Red4Research and take a moment to thank everyone who has made healthcare research possible during the last year.

As we emerge from the impact of Covid-19, our research teams continue to work on health and social care research across Nottinghamshire. Despite having to focus on urgent public health studies, our researchers have successfully delivered large-scale projects with real impact.

These projects will pave the way for novel treatments, not just for our community, but for many living with complex mental health and neurodevelopmental conditions nationwide.



Visit [our website](#) to read more about our research success during Covid-19.

Research with impact

Research conducted by Institute colleagues features in a [new summary of evidence](#) on Adverse Childhood Experiences and the support young people need.

The National Institute for Health and Care Research (NIHR) 'Collection' series publishes accessible summaries of research on a particular topic. Based on the latest available evidence, including that of our colleagues in the Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL), this NIHR Collection highlights best practice for supporting young people with Adverse Childhood Experiences.

The Collection also features ongoing research on the subject, including the [RIGHT](#) study which is supported by our partners Nottinghamshire Healthcare NHS Foundation Trust.

"A young person who has experienced developmental trauma may have symptoms of many different mental health disorders. Enhanced understanding of the potential impact of ACEs across diagnoses has stimulated new perspectives on intervention. This shift is encouraging new treatments other than more traditional interventions".

Dr Pallab Majumder, Consultant Psychiatrist, Nottinghamshire Healthcare NHS Foundation Trust.



New digital showcase launched for “What’s up with everyone?” project

Hosted by the Mental Health Foundation (in partnership with University of Nottingham, Aardman Animations, Loughborough University, the London School of Economics and Political Science and the Arts and Humanities Research Council) a new digital showcase has been launched to highlight the impact of the recent “What’s up with everyone?” research.



The online showcase details the development and delivery of the project’s five animated short films and the research into their impact on students’ mental health literacy. Led by Prof Paul Crawford from our Centre for Social Futures, the “What’s up with everyone?” project exploded onto social media last year, with huge numbers of young people engaging with the new research and evidence based videos.

Nottingham experts win prestigious award for putting patients at the heart of their research

Researchers from the Institute of Mental Health have won a national award, recognising their work in involving participants in their research to improve care.

The National Institute for Health and Care Research’s Clinical Research Network (NIHR CRN) collaborated with two prominent mental health charities, the McPin Foundation and MQ: Mental Health Research, to run the prestigious annual *Mental health research service user and carer involvement awards 2022*. These awards celebrate the work of those dedicated researchers and service users who go above and beyond to design research and involve participants to improve care.

The overall winner of the award was “Narrative Experiences Online” (NEON) - a research study led by experts at the Institute.

The study looks at whether reading or listening to other people’s online stories of personal recovery can improve quality of life for people with psychosis.



Read more about their award [on our website](#).



Double award success for Dr Emma Broome

Congratulations to our Centre for Dementia colleague, Dr Emma Broome as she celebrates double award success!

The University of Nottingham School of Medicine recently invited nominations for their 'Celebrating our People' staff awards. Not only did Emma win the award for Early Career Researcher but also Outstanding Team with her Hearing Research Delivery Team colleagues.



Congratulations to Emma and to her colleagues in Hearing Research.



Volunteering award for Institute colleague



Congratulations to our administrator, Wendy Wheat, for her achievement in being awarded Nottinghamshire Healthcare NHS Foundation Trust's inaugural Laura Ingham award.

Presented to Wendy by the Trust's Involvement Experience and Volunteering team, it recognises Wendy's dedication to volunteering (both inside and outside of work). Congratulations Wendy!

Events

Treatment Resistant Schizophrenia in Forensic Settings

1-5pm 14 July 2022

Djanogly Visitor Centre,
University of Nottingham



gameChange showcase

Join our MindTech colleagues as they showcase the results of the gameChangeVR trial. They will be joining the study team from the University of Oxford for an afternoon of discussion about the intervention and possibilities for VR in the clinical setting.



Details and registration on Eventbrite

Save the date for Neurobiology of schizophrenia and psychosis meeting 2022

