

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.

Living with COVID: NIHR publishes dynamic themed review into 'ongoing COVID'

Professor Roshan das Nair (Professor of Clinical Psychology & Neuropsychology, Institute of Mental Health) contributed to the National Institute for Health Research's (NIHR) 'Living with COVID' review, alongside a panel of UK experts. The rapid and dynamic review draws on the lived experience of patients and expert consensus, as well as published evidence to better understand the impact

of ongoing effects of Covid19, how health and social care services should respond, and what future research questions might be. Given the importance of the subject matter and the need for information to ensure people receive care now, the NIHR and their panel of experts, took the unusual decision to write this review despite the relatively small amount of published evidence. [Continued on page 2](#)

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- Annual Duncan Macmillan essay prize competition open for submissions



Welcome

Our **November 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



Last month we marked **World Mental Health Day** on Saturday 10th October. Every year the global awareness day is given a theme by the **World Health Organization**, and this year's was 'mental health for all'. This subject resonated with many people as the last few months of lockdown, loss, change and uncertainty have affected all walks of life worldwide. We shared **blogs**, supported events across Nottingham and publicised research from across the Institute that reflected the wide range of work that we do.

Our **Covid-19 related research work** continues and new projects have also now started. As the country braces itself for the onset of winter and an unpredictable second wave, our experts have been called upon to share their knowledge and research interests with the national media (*Professor Roshan das Nair, **Guardian online, 17th October***), contribute to major national research reviews (page 1-2), pen new books capturing the themes of these unprecedented times (page 8) and scan the horizon to understand the long-term implications of the last few months (page 5). Vital and important work in such challenging times.

Our buildings and projects are still operating with COVID safe restrictions in place, please visit our website institutemh.org.uk or follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) for all our latest updates.

Stay safe and well.

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Living with COVID: NIHR publishes dynamic themed review into 'ongoing COVID'

Research into public health control of the virus, critical care support and vaccine development commissioned by the NIHR and others has been conducted in record time and early findings have already changed the management of individual patients dramatically. More research is now required into ongoing



needs, including psychological and social needs, together with research into policy and organisation of health and social care services.



Find out more:
www.institutemh.org.uk

2020 Duncan Macmillan essay prize now open

The Institute runs an annual essay prize 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.

The purpose of the prize is to celebrate and promote the work of psychiatry trainees nationwide. First prize in the competition, based on an essay of 1,000 words, is a £500 contribution to research-based expenses.

This year's essay theme is "The next big thing in psychiatry research".

All essay entries should be emailed to IMH.Comms@nottshc.nhs.uk

The closing date for submissions is 12 noon, 30th November 2020.



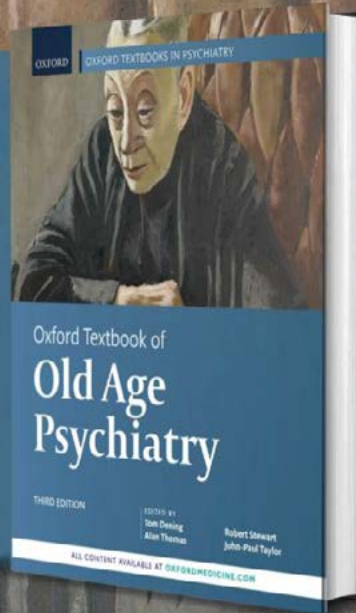
Click to read competition rules
www.institutemh.org.uk



OXFORD
UNIVERSITY PRESS

Oxford Textbook of Old Age Psychiatry Third Edition

Edited by **Tom Dening, Alan Thomas,
Robert Stewart, and John-Paul Taylor**



Our Centre for Dementia lead, Professor Tom Dening, has edited the latest edition of the 'Oxford Textbook of Old Age Psychiatry' along with Alan Thomas, Robert Stewart, and John-Paul Taylor.

The third edition of this classic text on old age psychiatry has been comprehensively updated and will be published in late November 2020.

The book will include new chapters on The Ageing Brain; Ethnographic approaches to Ageing; The Experience of Dementia; Carers Issues; Biomarkers; and Old Age Psychiatry in Low and Middle Income Countries.

The third edition of this classic text has been updated throughout to reflect the publication of new versions of the DSM-5 and ICD-11.

It is available for purchase from the Oxford University Press.

Foundations in Dementia Course A free online course for six weeks



Gain expert knowledge and skills to care for individuals living with dementia. You will learn to understand people with dementia and to care appropriately as a professional or family supporter.

You will explore signs and symptoms, interventions, support networks and more. Spanning six topics from prevention and diagnosis to end of life care, the course also offers insights from recent research.

Whatever your role in dementia care, by engaging with the resources and exchanging views with others, you will gain knowledge, skills, and confidence in this vitally important area.

Sign up at futurelearn.com



Neighbourhoods disproportionately affected by violence

The Centre for Health and Justice has been commissioned to carry out research into violent crime and its impact on communities by the London Violence Reduction Unit (LVRU) which is the largest of the national network of VRUs.

The project, which aims to conduct an analysis of neighbourhoods disproportionately affected by violence, has been awarded £150,000 to:

- **identify the local areas where violent crime is most prevalent**
- **ascertain the critical drivers of violence**
- **to work with the local communities to understand the impact beyond the picture painted by the data analysis**

The findings will be used by the LVRU to target future investment and community support. The project will involve peer researchers recruited and trained from within the communities themselves.

The impact of liaison and diversion schemes in police custody

Professor Eddie Kane, the lead of the Centre for Health and Justice, has worked with Emily Evans, Jurgen Mitsch & Tahseen Jilani on a new longitudinal study into the impact of liaison and diversion (L&D) schemes in police custody.

The research, which employed a pre-post service use design, has found promising results: 'Are Liaison and Diversion interventions in policing delivering the planned impact: A longitudinal evaluation in two constabularies?'

Liaison and Diversion (L&D) services identify people who have mental health, substance misuse, learning disability or other developmental vulnerabilities when they first come into contact with the criminal justice system as suspects, defendants or offenders. The service can support people through the early stages of the criminal justice pathway, refer them for appropriate health or social care or enable them to be diverted away from the criminal justice system into a more appropriate setting, if required. The aim is to improve overall health outcomes, reduce further police contact and re-offending rates and avert disorder-related crises.



Find out more on our website:
www.institutemh.org.uk



MindTech uses charity funding for new digital self-help intervention

Back in April, Santander Universities UK donated a generous £58,000 to fund a new research project focussing on individuals whose mental health has been, or is likely to be, disproportionately affected by Covid-19. A group of the country's leading mental health experts based at the Institute of Mental Health and the University of Nottingham are developing a rapid research programme for post-pandemic depression and anxiety.

MindTech are using the charity funding from Santander to adapt a proven intervention

from NZ (SPARX) for use in the UK. SPARX is a computerised self-help intervention for adolescents seeking help for depression.

Dr Jen Martin, Senior Programme Manager of MindTech, says about the upcoming research: "We are excitedly planning some co-design workshops later in the year, with young people, teachers and clinicians." So, watch this space for further updates.



Further information about Sparx:
www.bmj.com

MindTech Symposium Registration now open

The 2020 MindTech Symposium will be held online as a free virtual event for the very first time. The symposium will take place on Wednesday 2nd and Thursday 3rd December and this year's topic is: 'Digital Mental Health in the Age of Covid-19'.

Professor Chris Hollis, Director of MindTech:

“The MindTech symposium 2020 will bring together (virtually) national and international leaders in clinical practice, patient experience, academic research, industry and technology development to address the key challenges in developing digital mental health interventions and services in the age of Covid-19. Digital technology has the potential to transform mental healthcare by offering novel interventions and more accessible, efficient and flexible services. A dramatic shift to remote and digital working has been seen during the Covid-19 pandemic. However, if digital mental healthcare is to succeed in improving lives it requires both a stronger evidence base, and clear pathways, for delivery, adoption and sustainability in real-world services.”



Find out more and register to attend:
www.mindtech.org.uk

The first game-based digital therapeutic to treat anxiety disorders in children

The UK Medicines and Healthcare products Regulatory Agency (UK MHRA) has approved a new digital intervention which has been funded by NHS England via the NHS Improvement's SBRI Healthcare programme and developed in partnership with the Anxiety and Depression in Young People (AnDY) Research Clinic at the University of Reading, and MindTech UK.

Lumi Nova is the first game-based digital therapeutic to treat anxiety disorders in children.

Anxiety levels have more than doubled in young people following COVID-19 lockdown. With children back in schools, children's mental health will likely be further challenged. The negative psychological consequences of the COVID-19 crisis continue to unravel with children back at school. Lumi Nova provides an accessible and scalable intervention for anxiety for NHS Integrated Care Systems and Clinical Commissioning Groups, schools, and local authorities.

Lumi Nova aims to revolutionise mental health interventions for children helping them to overcome anxiety using an evidence-based therapeutic approach. The intervention combines methodologically rigorous user-centred design and proven immersive therapy the gold standard for treating anxiety, delivered through an engaging mobile game.

MindTech evaluated Lumi Nova in schools, helping the digital intervention gain UK MHRA approval.



For further information about the the first mobile game for paediatric anxiety in children aged 7-12 years [click here.](#)



Research review of digital mental health interventions published by NPJ

The Nature Partner Journal (NPJ) has published a review written by several Institute of Mental Health and MindTech colleagues. 'Preventive digital mental health interventions for children and young people: a review of the design and reporting of research' has been written by Dr Aislinn Bergin, Dr Elvira Perez Vallejos, Dr Bethan Davies, Professor David Daley, Professor Richard Morriss, Professor Kapil Sayal and Professor Chris Hollis. Dr Aislinn Bergin highlighted the purpose and importance of the review in the current circumstances:

"The Covid19 pandemic has cast a stark light onto the mental health needs of our children and young people.

"This timely review addresses the design and reporting of current research surrounding the prevention of mental illness in children and young people using digital interventions and makes recommendations on how research can better report the factors associated with more successful implementation. Digital mental health interventions will better serve children and young people through co-design processes that ensure relevance to the population, and setting, into which it is hoped to be adopted.

"This review also identified a significant gap in research of preventive interventions for younger children and those from poorer and underserved backgrounds.

"It is imperative that these interventions build an evidence base that is generalisable to populations where there is most need and potential benefit.

This requires research funding that recognises and accounts for the challenges of real-world dissemination along with more collaborative approaches between developers, researchers, clinicians and, most importantly, children and young people."



Read the review:
www.nature.com



Cabin Fever:

Surviving lockdown in the
Coronavirus pandemic

Professor Paul Crawford, has co-authored a new book with Jamie Orion Crawford. This fascinating book examines 'cabin fever' in the wake of the coronavirus pandemic and the greatest confinement of people to their homes in history.

Exploring the definitions and social and cultural history of cabin fever, the book discusses its origins emerging from physical afflictions like typhus through to the use of the term to refer to psychological responses to prolonged isolation or confinement.

Offering insights on cabin fever in different contexts (at sea, on land, in the air and in space) the book draws on an array of evidence of the impact of this folk syndrome. In the brunt of the pandemic, it has become increasingly clear that adapting to lockdown has become a matter of personal and public endurance and creativity. This book provides an important account of the threat of cabin fever in the pandemic and provides the best-known antidotes for it.

SOCIETYNOW
CABIN FEVER

Surviving Lockdown in the
Coronavirus Pandemic

Paul Crawford &
Jamie Orion Crawford



Purchase book here:
www.amazon.co.uk

CALL FOR PARTICIPANTS

Animated stories and mental health literacy
among young people [17-21 year olds]

PROJECT

- Studies awareness of mental health challenges through animated stories produced by Aardman Animations
- See [the Expression of Interest form](#) for more details.

STUDIES

- 2 hours long
- Online
- Later this year (2020) and/or early next year (2021)
- See [the Expression of Interest form](#) for more details.

REQUIREMENTS

- English speaker living in the UK
- Age: 17-21
- You have access to:
 - The internet
 - Computer, smartphone, or tablet with access to Microsoft Teams and Zoom
- You have NOT participated in the specified workshops ([click here for more details](#)).

£20

Amazon e-voucher

for 2 hours ONLINE participation

INTERESTED?

Great! Please submit [the Expression of Interest form](#).

PARTNERS



Animated stories and mental health literacy among young people

Our Centre for Social Futures lead, Professor Paul Crawford, is leading a research project conducted by researchers at the University of Nottingham, the London School of Economics and Political Science (LSE), and Loughborough University which aims to examine whether animated stories produced by Aardman Animations can assist young people (ages 17-21) in building awareness of and responding to mental health challenges.



Social Futures team bring back “The Lady with the Lamp”

The long-awaited ‘**Florence Nightingale Comes Home**’ exhibition was originally scheduled to open in Spring 2020. The exhibition hosts manuscripts and artefacts detailing Florence Nightingale’s Crimean War efforts, her rural life in Derbyshire and her pioneering work to improve sanitary conditions in the home and in hospitals.

Unfortunately, due to the current public health crisis, the exhibition, which was rescheduled to open in October at the Weston Gallery, Lakeside Arts Centre, University of Nottingham, has been postponed again until further notice. Luckily, you can still visit the exhibition online. [Click here](#) to take a virtual tour.

More information is available on the [Lakeside website](#).

The new book, ‘**Florence Nightingale at Home**’, written by the exhibition team will be released on 16 November. [Pre-order a copy at Waterstones](#) or ask your local independent bookshop.



Find out more:
www.florence Nightingale.org



STADIA trial recruits 500th participant

The STADIA trial started in 2019 and recently recruited the 500th STADIA participant. Particularly given the challenges of the past six months, this is a fantastic achievement. The first participants to join the study in August and September 2019 will soon be completing their final questionnaires.

This research focuses on children and young people with emotional difficulties (such as anxiety or depression) who have been referred to CAMHS. It aims to find out whether the use of a standard information-gathering package, the Development

and Well-Being Assessment (DAWBA), helps with the assessment and diagnosis process in CAMHS.

The STADIA trial team would like to say a huge thank you to the researchers and all CAMHS staff who are supporting the study, and to the young people and parents/carers who are helping with this important research.



For more information on the STADIA trial visit:
www.institutemh.org.uk



Survey tracks pressures on NHS staff

COVID-19 has put an unprecedented pressure on all our staff, their families and our community. It is essential we act quickly to understand the impact of this pressure and plan for what support staff may need both during and after this pandemic.

Nottinghamshire Healthcare NHS Foundation Trust is conducting a large confidential research study with its NHS partners to ensure all staff experiences are heard. Notts Healthcare invites all its NHS employees all our NHS employees and contractors to join this study.

The findings will directly inform what additional support services are made available in the coming months. Importantly, this research will help the research team and NHS England to prepare and support staff in the anticipation of the second wave of COVID-19 in winter 2020.

Participation in the study is voluntary and you will not be disadvantaged if you do not take part. The study is entirely confidential. Personal information will only be accessed by the study team. No one else, including employers, will have any access.

Participation involves completing this short 5-10-minute online survey. There will be further opportunities to provide more information if or when you have the time.

Click here to take the survey
www.nhscheck.org

For further information,
see www.nhscheck.org
or contact the research team
at nhscheck@kcl.ac.uk