

IMH Research Day



Wednesday 18th May 2022

Time: 9.30 – 17.00

**Venue: Institute of Mental Health,
Triumph Road, Nottingham NG7 2TU**

Chairs: Professor Peter Bartlett, Dr Elena Nixon and Bryony Waters

Programme and list of poster presentations

9.30	Registration (foyer) & refreshments (A floor corridor)
10.00	Introduction and welcome Professor Peter Bartlett, Professor of Mental Health Law, University of Nottingham
10:35	Oral presentation- “Unexplainable in normal terms” – A narrative inquiry of the potential of poetry in supporting meaning making and recovery following experiences described as psychosis Mark Pearson, Assistant Professor/PhD Student, University of Nottingham
11:05	Oral presentation- Early maladaptive schemas in sex and violent offenders: A Systematic review Huseyin Mert Turhan, PhD Student, University of Nottingham
11.35	Refreshments and viewing of posters (see poster presentation list below)
12:00	Oral presentation- Practical feasibility of Narrative Exposure Therapy for the treatment of traumatic stress in the displaced Syrian population residing in Turkey: A Focus group study Fatma Aysazci-Cakar, PhD Student, University of Nottingham
12.30	Oral presentation- Perceptions of an Online Collection of mental health recovery narratives (NEON) Yasmin Ali, Qualitative Researcher, School of Health Sciences, University of Nottingham
13.00	Suicide among school teachers in England: A State-of-the-art review Patricia Lagos, PhD Student, School of Education, University of Nottingham
13.30	Lunch and viewing of posters (see poster presentation list below)
14.30	Open discussion – What will we do differently after Covid? (e.g methodology, sharing ideas, networking, work/lifestyle balance, mental health support etc)
15:30	Oral presentation- Developing an anti-racism agenda within research Donna Franklin, LEAP member & Peer Researcher, NEON Lived Experience Advisory Panel
16:00	Oral presentation- Determinants for COVID-19 vaccine hesitancy in the general population: A systematic review of reviews Aysegul Humeysra Kafadar, PhD Student, University of Nottingham
16:30	Oral presentation- What is performative narrative analysis and what can it tell us about mental health recovery? Joy Llewellyn-Beardsley, Research Assistant, University of Nottingham
17.00	Close of Day 2 Oral and poster prize winners announced for Day 2 Publication award winners announced



List of poster presentations

Poster 1	The role of implicit theories of personal characteristics (fixed vs growth mindsets) in responses to offenders: A Systematic Review Bethany Browne, Trainee Forensic Psychologist, University of Nottingham
Poster 2	Dismantling the master's tools: A contra-western framework for understanding the mental health experiences of people racialised as 'Black' Niquita Alexander-Pilgrim, Psychosocial Therapist, Associate Mental Health Hospital Manager, Doctoral Researcher (Black Studies PhD), University of Nottingham
Poster 3	A Comparative Study Assessing Attitudes and Risk Perceptions of Polymorphic Male Sex Offenders Georgia Hart, Trainee Forensic Psychologist, University of Nottingham
Poster 4	An exploration of gender variance and healthcare needs in autistic individuals Benjamin-Rose Ingall, Research Delivery Assistant, Nottinghamshire Healthcare NHS Foundation Trust
Poster 5	The experience of childhood maltreatment in young offenders: its impact on violent behaviour, before, during and after a stay in custody Kayley Hatton, Trainee Forensic Psychologist, University of Nottingham
Poster 6	How expressions of gratitude create change in healthcare settings: a systematized review Rebecca Lloyd, Research Assistant, School of Health Sciences, Institute of Mental Health/University of Nottingham
Poster 7	How much is known about cognitive functioning in those who are domestically abusive? Sophie Mann, Trainee Forensic Psychologist, North East London NHS Trust
Poster 8	Principles for the ethical and efficient production and dissemination of online recruitment messages by health research studies Stefan Rennick-Egglestone, Senior Research Fellow, School of Health Sciences, University of Nottingham and Institute of Mental Health



Welcome



We are delighted to welcome you back to the Institute of Mental Health as we host this year's Research Days.

This is the 9th IMH Research Day event, and we look forward to hearing about the aims and highlights of the work of the Institute's doctoral candidates, Managed Innovation Networks (MINs), and all our early-career researchers.

This event celebrates the breadth of ideas and research work currently taking place within the Institute of Mental Health, and more than ever I feel we need to celebrate the achievements and hard work that has been taking place, under unprecedented and challenging times.

The term "early career researchers" encompasses such a diverse group of people – from post-graduate researchers, research fellows and research-active clinicians, to our patient and public contributors, IMH advisory board members and service users. All are at the beginning, or early stages, of their research journeys, with knowledge, experience and academic rigour growing as they undertake more research activities – although, never let it be said that the learning ever stops, even the most senior researchers must still develop new skills.

Over the next two days we will see oral and poster presentations from many of our early-career researchers and for some this will be the first chance they have ever had to present their work in public. Creating a research-active and supportive environment is an important function the Institute can perform in nurturing up-and-coming research talent and I am delighted to see such a variety of research themes and ideas in this year's programme.

We were honoured to receive a donation earlier this year from the Dixon family who had experienced the sad loss of their son. With the family's permission, we will be using their donation to help fund our Research Day prizes over the next few years. Each year the **Craig Dixon memorial prize** will now be awarded to the best oral presentation given during the Research Day event – this year will be a great start as we will be awarding two oral and two poster prizes for each day of presentations.

My thanks to the organisers of this year's events: Prof Peter Bartlett, Dr Elena Nixon, Bryony Waters, Karen Sugars and Lou Rudkin. Without their hard work and efforts, none of this would be possible and in particular I wish to thank Prof Bartlett for his continued support and leadership of this event over many years.

I wish all our Research Day presenters the very best of luck and I hope all our attendees find this experience rewarding and enriching.

Professor Martin Orrell
Director, Institute of Mental Health



Housekeeping

Covid safety measures

As the Institute of Mental Health is classified as an NHS workplace, we continue to maintain Covid safety measures throughout our building. We would like to remind you that windows and doors should remain open when in any communal or meeting spaces within the Institute. Please use the hand sanitiser provided and **we must ask that face masks are worn when inside our building** (unless exempt or you are presenting at the front of the auditorium).

Refreshments

Refreshments will be provided throughout the day via serving points in our ground floor corridor - please follow the signs to move through the serving area.

Lunch will be provided as individual 'grab bags' from the serving areas in the corridor, but please feel free to take your lunch outside, use the table and chairs in our B floor mezzanine area or return to the main auditorium to eat.

If you have notified us of any specific dietary requirements, then your lunch will be provided in a named bag.

Toilets

Please use the toilet facilities located in the ground floor reception area. Please speak to a member of our reception team if you have any additional needs that we can help with.

Tweet us!

We'll be tweeting from the Institute's Twitter account throughout both days – follow us **@institutemh** and use the **#IMHRD22** hashtag.

Photography

We've missed having colleagues in our building, so we'll be taking photos throughout both days to celebrate coming back together. If you'd prefer not to appear in any photos, then please let our Communications team know or mention it to anyone you see with a camera.

Feedback survey

All delegates who have attended will receive a link to complete an online feedback survey shortly after the events have finished. Certificates of attendance can be requested during completion of the survey.

Spring Social

Come and reconnect with colleagues from across the Institute of Mental Health at our **Spring Social event at the end of the first Research Day, Tuesday 17th May from 5-7pm.**

Join us at the Institute (and in the surrounding outside areas, weather permitting!) and enjoy some social time with colleagues you may have lost touch with over the past two years. We're going to provide some soft drinks and pizza, but please feel free to bring your own refreshments too. This event is open to all our Research Day delegates, plus all our IMH colleagues.

Research Day prizes

At this year's events, we will be awarding prizes at the end of both days of presentations:

- **The Craig Dixon memorial prize for Best oral presentation**
- **Best poster presentation** – voted for by the event delegates.



Want to blog about today?

The Institute of Mental Health's [blog](#) is a diverse collection of essays, opinion pieces and heartfelt comment on a wide variety of subjects relating to mental health.

Founded in 2012 the blog has continued to go from strength to strength, we would really encourage anyone interested in writing a post, or helping run the blog, to get in touch. The blogs remit is very open and new content is always welcome.

What is the IMH blog?

Set up by postgraduates within the Institute of Mental Health in 2012, the blog is a multi-author, cross-disciplinary forum which encourages conversation about issues related to mental health, integrated healthcare, lived experience and wellbeing.

At present the blog is edited and managed by the Institute's Communications team, but it would be great to have a few more IMH researchers involved.

Please get in touch with Jo Higman, Communications Assistant for more information about submitting a blog or joining the editorial team: jo.higman@nottshc.nhs.uk

What is Public and Patient Involvement?



Meet Kate Horton, the Institute of Mental Health's Public Involvement Co-ordinator.

Patient and Public Involvement (PPI) is finding ways of incorporating real life experiences into research. This is heavily encouraged when the first ideas of the research project begin. Within any grant application or bid, PPI will be expected to be discussed and how you will involve people will be questioned. These early questions will include:

- What's the question investigated – can you explain this in lay language?
- What are the aims and objectives of the research and how do those with lived experience of this topic share your interest?
- Who are your "people" in PPI conversations?
- How will you communicate with this audience?

Good quality Patient and Public Involvement however, really means much more than that initial review of documents and helping with a Plain English Summary.

It is finding ways to involve lived experience, real voices all across the whole cycle of the research. It's about working with experience and lived knowledge to add value to the research. It's also about creating space and respectful, meaningful involvement for those public contributors you work with.

There is no one way to do "PPI" the right way. It's flexible. It fits with the people it involves, the direction of the research and it flourishes best where this additional value, respectful involvement exists.



Also it is always worth bearing in mind, for those bringing lived experience to research, being 'Involved' is not access to therapy, medical or clinical care. It does not, unfortunately, fast track anyone to answers or extra help for their own experiences. Many public contributors get involved in research not to improve their own experiences but to improve the experiences of those who come after them. To see improvements and developments in services and research long after their own interactions with that system. It's often an altruistic and awkward process to be part of, often shifting from one thing to another swiftly, without the same equipment, systems and knowledge of everyone else in the room – virtual or otherwise.

The Institute of Mental Health is committed to seeking positive involvement for patients, public, carers, service users and interested peers in our research and wider activities and we actively seek to support researchers to do this in the best way possible. To find out more visit www.institutemh.org.uk/involvement



We are delighted to welcome the Library and Knowledge Services who will be having a stand at this year's IMH Research Day.

The Library and Knowledge Services provide quick and easy access to the most up to date, comprehensive resources and services to Trust and Institute of Mental Health staff and researchers. We can support you to identify evidence-based practice that can be implemented across all services ensuring the best patient safety and quality of care, health improvements, high-quality decision making, innovative research practices, and ongoing staff development.

Our evidence search service helps to find evidence-based information on a broad range of topic areas to support patient care, research, current guidelines, care pathways, and services. We can support everything from literature reviews to systematic reviews to providing summaries of evidence. We've had success with our support and have gone on to support publications, either being named as an author or the service has been acknowledged for the contribution to the work.

Need help in obtaining one or more specific journal articles? Our library staff have access to a large and wide-ranging suite of titles which can be sourced and email or posted to you. We can provide training over MS Teams on how to search the healthcare databases to locate high-quality evidence-based information and develop digital skills to enhance working practice.

Publish your work in the East Midlands Evidence Repository, a showcase of the research and innovation happening in the Trust to support patient care or service development.

Please email libraryservice@nottshc.nhs.uk or call 0115 9529486 if you have any queries. For information about joining the library or to see the vast range of services we provide please visit our Connect page <https://connect/library-and-knowledge-services> or <https://www.nottinghamshirehealthcare.nhs.uk/library>



Open discussion – What will we do differently after COVID-19

This session is intended for everyone (audience, speakers, Chairs) to share their thoughts on how we have had to work differently because of COVID-19 and what we might do differently after COVID-19, e.g., in terms of thinking about and implementing research, methodology, networking, mental health planning and support, work-life balance, etc.

Oral and poster presentation abstracts (in order of the programme)

Time	10.35
Presenter	Mark Pearson
Job title and affiliation	Assistant Professor/PhD Student, University of Nottingham
Names and affiliations of co-authors	Dr Gary Winship, University of Nottingham; Dr Stefan Rennick-Egglestone, University of Nottingham
Title of talk	“Unexplainable in normal terms” – A narrative inquiry of the potential of poetry in supporting meaning making and recovery following experiences described as psychosis
Abstract	Despite growing evidence demonstrating the psychotherapeutic potential of reading and writing poetry for various mental health problems, there remains limited evidence in relation to psychosis. This research seeks to explore the therapeutic potential of poetry for psychosis by exploring the narratives of people with lived experience who read/ write poetry and those who are using poetry therapeutically within their mental health practice. Nineteen participants were recruited to the research and data was collected via narrative interviews. Interviews were audio recorded, transcribed and subjected to Labovian narrative analysis. Four narrative themes were identified; i) The unsayable becoming sayable, ii) Poetry supporting discovery, play and meaning making iii) Relational expression through poetry iii) Poetry and recovery. Participants indicated that poetry supported them in not only giving words to complex experiences but also in meaning making and communicating with those around them. However, participants highlighted the difficulty of utilising poetry during acute period of psychosis, poetry was identified as contributing to the recovery process. The research provides a unique insight into the way in which poetry may support the struggle to narrate experiences and make meaning following psychosis. The therapeutic potential of poetry could offer alternative ways of working with people, understanding psychosis, and tuning into ‘psychotic wavelength’ (Lucas, 1993) or perhaps what we might think of as ‘the poetic wavelength’.



Time	11.05
Presenter	Huseyin Mert Turhan
Job title and affiliation	PhD student, University of Nottingham
Names and affiliations of co-authors	Dr Elena Nixon, University of Nottingham; Dr John Tully, University of Nottingham
Title of talk	Early Maladaptive Schemas in Sex and Violent Offenders: A Systematic Review
Abstract	Sex and violent offenders suffer from distinct distorted thinking styles that contribute to recidivism and psychological problems. Early maladaptive schemas, negative thinking styles that resonate with individuals' interpersonal relationships, may contribute to offence-related cognitions. This relationship is also presumably distinct across specific offender types. Hence, the current review gathered evidence for the presence of early maladaptive schemas in different types of violent and sex offenders as well as other offence-related factors. Across several databases, 56 papers were gathered; after elimination, eight were included. Distinct differences in thinking patterns emerged among child sex offenders, adult sex offenders and rapists when mental health issues and paedophilic interests were considered. For non-sexual violent offenders, cognitive schemas related to self-control were the strongest predictors of trait anger and aggression history. Lastly, the review concluded that sex offenders and violent offenders endorsed different early maladaptive schemas. This review suggests the need for further differentiation of sex offenders and systematic consideration of various factors such as mental health and paedophilia to understand the underlying nature of offence-related cognitive distortions.

Time	12.00
Presenter	Fatma Aysazci-Cakar
Job title and affiliation	Fatma Aysazci-Cakar, PhD Student in Clinical Psychology, Division of Mental Health and Clinical Neurosciences, School of Medicine and Health Sciences, University of Nottingham
Title of talk	Practical feasibility of narrative exposure therapy for the treatment of traumatic stress in the displaced Syrian population residing in Turkey: A focus group study
Abstract	Due to the ongoing conflict in Syria, Syrians have been seeking safety in Turkey since 2011. Turkey now hosts the largest refugee population in the World. Before, during, and after migration, refugees face psychological challenges. The unmet mental health needs of Syrians in Turkey have constituted a problem. Narrative Exposure Therapy is evidenced as an effective treatment for victims of war. As it has not been utilized in the Turkish context and with Syrians yet, in our main study, we aim to investigate the feasibility and effectiveness of online delivery of NET for the treatment of mental health problems of Syrians in Turkey. Before conducting the main study, we designed a preliminary study aiming to gather knowledge around the possible obstacles which could hamper the delivery of NET. For this purpose, a focus group was carried out with a semi-structured interview and five local professionals working with Syrians in Turkey. Qualitative content analysis was utilized for data analysis. The results indicate that participating Syrians between the ages of 20-45, speaking Turkish fluently, having an educational background, economic relief, and locating the west of Turkey would be more practical for the delivery of NET. This focus group study has dissolved potential obstacles in advance which might hamper the delivery of NET in this



	disadvantaged population. The recruitment process of the main study will be applied according to the results of this study. This study also shed light on other psychological interventions aiming to investigate the mental health actions in refugees.
--	--

Time	12.30
Presenter	Yasmin Ali
Job title and affiliation	Qualitative Researcher, School of Health Sciences, Institute of Mental Health, University of Nottingham, Nottingham
Names and affiliations of co-authors	Stefan Rennick-Egglestone, School of Health Sciences, Institute of Mental Health, University of Nottingham, Nottingham; Donna Franklin, NEON Lived Experience Advisory Panel, Institute of Mental Health, Nottingham; Joy Llewellyn-Beardsley, School of Health Sciences, Institute of Mental Health, University of Nottingham, Nottingham; Kristian Pollock, School of Health Sciences, University of Nottingham, Nottingham; Fiona Ng, School of Health Sciences, Institute of Mental Health, University of Nottingham, Nottingham; Mike Slade, School of Health Sciences, Institute of Mental Health, University of Nottingham, Nottingham
Title of talk	Perceptions of an online collection of mental health recovery narratives (NEON)
Abstract	Introduction The NEON Collection is a central part of the NEON Intervention, and it includes more than 800 mental health recovery narratives. The NEON Intervention was developed to support people in their recovery from mental health difficulties. A process evaluation has characterised the experience of engaging with the NEON Collection in two clinical trials: the NEON Trial (experience of self-rated psychosis, ISRCTN11152837); the NEON-O Trial (experience of non-psychosis mental health problems, ISRCTN63197153). Objectives To assess trial participants' perceptions of the NEON Collection as accessed through the NEON Intervention. Methods Semi-structured interviews were conducted with 80 NEON Trial and NEON-O Trial participants. The topic guide supported participants to reflect on their year-long experience of accessing the NEON Collection. Inductive thematic analysis in NVivo was used. Results Being presented by a large and diverse collection of recovery narratives made it easier for a participant to compare their own story to others, to find a variety of experiences, and to access minority perspectives. Most participants could identify the characteristics of a Desired Story they wished to find in the NEON Collection. The Desired Story was often described as one that could be perceived as authentic through how it presented narrator experiences, and which engaged with the complex reality of mental health difficulties. Conclusions Interventions providing access to recovery narratives might attend to users' evolving perceptions of the ideal narrative and use this to match people to narratives. The collective characteristics of recovery collections should be presented to users to facilitate optimal benefit.



Time	13.00
Presenter	Patricia Lagos
Job title and affiliation	PhD Student, Centre for Research in Human Flourishing, School of Education University of Nottingham, UK
Title of talk	Suicide Among School teachers in England: A state-of-the-art review
Abstract	Despite the rising cases of suicides among schoolteachers in the UK in the last decade, this remains a neglected and taboo topic. According to the Office for National Statistics (ONS, 2017, 2021), there were six hundred and one deaths by suicide among teachers from 2011 to 2019 in England. Using a state-of-the-art literature method from peer-reviewed articles, databases, newspapers clips, and reports, this presentation aims to shed light on this unexplored phenomenon by analysing the varied factors present in the literature that could trigger suicide in this occupational group in the recent decade. The central question to resolve is what factors are leading teachers to take their own lives? In a first approach, using the keywords “suicide”, “suicide risk”, “suicide attempts”, and “schoolteachers”, “teachers”, there were identified and analysed twenty-three peer-reviewed articles available in different databases such as APA PsycArticles, Scopus, Elsevier, Science Direct, and Web of Science. In addition, seven reports from organisations and twenty-five press clips were examined throughout this search. The results show that current working conditions are a crucial factor in the decay of teachers’ mental health and might be leading to the rise in suicide cases. According to the data results, workloads, long working hours, increased bureaucracy, pressure on pupil progress, school inspections such as Ofsted, among other related aspects, are the main stressors affecting this group. The findings of this work could be used as a source of reference for suicide prevention among schoolteachers and for developing educational policies on mental health for professionals.

Time	15.30
Presenter	Donna Franklin
Job title and affiliation	LEAP member & Peer Researcher, NEON Lived Experience Advisory Panel
Names and affiliations of co-authors	Joy Llewellyn-Beardsley; Dr Stefan Rennick-Eggleston; Professor Mike Slade, University of Nottingham
Title of talk	Developing an anti-racism agenda within research
Abstract	Whilst the only Black person in a UK clinical psychology doctoral training programme annual cohort [2000-2005], I experienced race-based traumatic stress triggered and maintained by distressing events. Since 2017, as a member of the Lived Experience Advisory Panel (LEAP) of the Narrative Experience Online (NEON) study, I have navigated a post-traumatic growth (PTG). Aim To draw on the experience of racism and LEAP involvement to make recommendations for how LEAPs might facilitate anti-racism activity.



	Method Involvement knowledge exchange reflections from the NEON research programme. A narrative of a Black psychologist's struggle with racism throughout training reverberated for me acutely, revealing the impact of lived experience and to guide involvement steering and curating a recovery narrative collection. Co-authorship of publications on PTG and institutional injustice, informed my recovery from racism, together with a greater awareness of spirituality changes, features of PTG were validated. Recognising my prior experience of having my integrity questioned and undermined as exposure to 'white fragility', I now recognised its resonance as the challenge to name racism freely. Through an invited authorship and open discussion, courage to verbalise the effects of institutional racism, clarified a vision of anti-racism allyship as a path towards system transformation. Conclusion LEAPs should actively promote anti-racism allyship through discussions of 'whiteness' as the lens reproducing structural advantage. Dialogue regarding intersectionality should occur where individual characteristics and experience intersect. Investigators, researchers, and ethics committees have a responsibility to inform themselves about how to best facilitate and ensure anti-racism becomes embedded within research.
--	--

Time	16.00
Presenter	Aysegul Humeysra Kafadar
Job title and affiliation	PhD Student, University of Nottingham
Names and affiliations of co-authors	Dr. Katy A Jones, University of Nottingham; Prof. Blossom Stephan, University of Nottingham; Prof. Tom Denning, University of Nottingham
Title of talk	Determinants for COVID-19 vaccine hesitancy in the general population: A systematic review of reviews
Abstract	Background Vaccination against SARS-CoV-2 is one of the most effective strategies to combat the COVID-19 pandemic; however, vaccine hesitancy poses a substantial risk for global health. Therefore, to improve the effectiveness of vaccination programmes, it is crucial to determine factors of vaccine hesitancy. Thus, the aim of the review was to define factors influencing COVID-19 vaccination hesitancy in the general population. Methods A comprehensive search was performed in PubMed, Embase, Scopus, PsycINFO, the Cochrane Database of Systematic Reviews, Epistemonikos and PROSPERO databases on 21st December 2021. The review protocol was registered on PROSPERO (CRD42021290887). Data were extracted from selected papers and their quality assessed using the Joanna Briggs Institute checklist. The narrative approach was used to synthesise the extracted data. The findings were presented based on Strategic Advisory Group of Experts (SAGE) Model for vaccine hesitancy. Results Thirty-one reviews met the predefined inclusion criteria. The most frequently documented factors of COVID-19 vaccine hesitancy included gender, age,



	education level, income level, ethnicity, trust in the healthcare system, public health authorities, and the governments, history of influenza vaccine, concern for vaccine safety, perceived effectiveness and efficacy of vaccines, fear of being infected with COVID-19, perceived severity of COVID-19, knowledge of COVID-19 and concern about the rapid development of the vaccine. Conclusion Numerous determinants affect the decision to get vaccinated. Findings lay the foundation to further understand COVID-19 vaccination uptake and provide evidence to create intervention programmes. However, there are gaps (and opportunities) in research concerning certain populations, such as people with mental disorders.
--	---

Time	16.30
Presenter	Joy Llewellyn-Beardsley
Job title and affiliation	Research Assistant, University of Nottingham
Names and affiliations of co-authors	Stefan Rennick-Eggleston, Fiona Ng, Yasmin Ali, Mike Slade, Alison Edgley, University of Nottingham
Title of talk	What is performative narrative analysis and what can it tell us about mental health recovery?
Abstract	Introduction The narratives of people with lived experience of mental distress have been used as a basis for research into experiences and processes of recovery for over 20 years. However, concerns have increasingly been raised about their potential misuses in research and practice. Narrative analysts point to a 'hierarchy of credibility' wherein some stories are privileged over others. Performative forms of narrative analysis offer innovative ways of thinking about stories, that expose the limits of using stories as 'models' of recovery because they explore how and why people tell particular stories at particular times. Such analysis sheds light on what can and cannot be expressed in particular settings. Methods 18 narrative interviews were conducted with participants in the English Midlands, who had intersecting lived experience of mental distress and other social/structural inequalities. A performative narrative analysis was conducted on five case study narratives, to show some of the ways in which different stories are contextually performed. Findings Findings from one case study narrative will be presented, exploring the kinds of questions asked in this type of narrative analysis; ways in which participants talked about, enacted and resisted recovery; and what this might tell us about recovery narratives and their place in practice. Conclusions Performative narrative analysis turns our attention to how the intended audience(s) of a story shape its co-construction. This analytical approach illuminates the ways in which a variety of contexts can produce certain possibilities and limitations for the storyteller, as well as how these stories are then heard.



Poster presentations:

Poster number	1
Presenter	Bethany Browne
Job title and affiliation	Trainee Forensic Psychologist, University of Nottingham
Names and affiliations of co-authors	Simon Duff, Academic Supervisor, University of Nottingham
Title of talk	The role of implicit theories of personal characteristics (fixed vs growth mindsets) in responses to offenders: A Systematic Review
Abstract	Background Several factors influence how people respond to criminal offenders, impacting on how offenders are treated in society. A potentially important factor is an individual's implicit theory of human nature; whether one believes characteristics are fixed and unchangeable (fixed-mindset/incrementalist) or malleable and amenable to change (growth-mindset/entitist). A systematic review was conducted to see what the current literature tells us about how implicit theories influence responses to criminal offenders. Methods The inclusion/exclusion criteria were defined using a PEOS structure. Studies were included if: Population - Participants were over 18 years old; Exposure - Participants' implicit theories were measured using the entitist-incrementalist dichotomy; Outcomes - Participants were asked to indicate their attitudes, punitiveness or rehabilitative support for offenders; and Study Type - The study was quantitative, published after 1988, and was available in English or translatable. Eight databases were searched for both published and grey literature. Hand searches were conducted, including backward and forward citation chaining. Studies were screened and quality assessed by a second researcher. Results Seventeen studies were included. Growth mindsets foster more positive outcomes for different offender types compared to fixed mindsets. This includes more positive attitudes, stronger endorsements for rehabilitation support, and lower levels of punitiveness. Several factors may mediate this relationship. Mindsets can be successfully primed in the short-term. Discussion Future research may benefit from developing a unified way of measuring ITs and investigating whether priming is sustainable over time. Interventions targeting perceptions of offenders' capacity to change (i.e., fostering growth-mindsets) may constitute a promising avenue for reducing stigmatisation and bias.



Poster number	2
Presenter	Niquita Alexander-Pilgrim
Job title and affiliation	Psychosocial Therapist, Associate Mental Health Hospital Manager, Doctoral Researcher (Black Studies PhD), University of Nottingham
Title of talk	Dismantling the master's tools: A contra-western framework for understanding the mental health experiences of people racialised as 'Black'
Abstract	The 2018 independent review of the Mental Health Act led the government to declare that racial inequalities, in mental health care, must be tackled through changing the racially biased structure of existing mental health systems. This change cannot be achieved unless we challenge the use of racially biased knowledge systems that dominate contemporary methods for understanding the mental health experiences of racialised communities. Traditional western explanations of the interrelation of social factors and individual thought and behaviour, claim universality yet do not acknowledge structural racism and the psychological harm that it causes to people. This denial is harmful because it reinforces racist power systems that discriminate, exclude and act as gatekeepers to people of African/African-Caribbean heritage's right to equality. Further, western approaches homogenise the mental health experiences of people of African/African-Caribbean heritage, failing to recognise the wide diversity of ethnic and cultural backgrounds in this group; not just across Africa but also across the Caribbean and the situational, spatial, and relational factors that can influence a person's thought and behaviour. In the context of the extensive evidence on the poor experiences and poor outcomes for people of African/African-Caribbean heritage accessing mental health services, it is evident that an alternative framework is required. This presentation shows the theoretical and cultural foundations for a more conceptually integrated framework that can be used as an alternative, or supplement, to the existing and limited approach which may overlook African-descended identity and its complex relationship with mental ill health.

Poster number	3
Presenter	Georgia Hart
Job title and affiliation	Trainee Forensic Psychologist, University of Nottingham (Professional Doctorate in Forensic Psychology)
Names and affiliations of co-authors	Dr Simon Duff, University of Nottingham (Professional Doctorate in Forensic Psychology)
Title of talk	A comparative study assessing attitudes and risk perceptions of polymorphic male sex offenders
Abstract	Background Previous research has suggested that attitudes held by forensic professionals have been more optimistic of sex offenders and favourable of rehabilitation when compared to attitudes held by the public. Research exploring attitudinal orientation toward sex offenders has frequently focused on them being a homogenous group, rather than exploring attitudes toward typologies of male sex offenders, such as polymorphic male sex offenders (PMSO; sexual offending inconsistencies toward victims of different domains – age, gender, relationship), and capturing an accurate attitudinal orientation toward PMSO.



	Method: This research comparatively assesses attitudes held by forensic professionals and members of the public to explore differences. The research aims to uncover differences in personality traits amongst both groups, which may influence their pre-existing attitudes toward sex offenders, and specifically their responses to vignettes and subsequent risk perceptions of PMSO. Results: Attitudes held by forensic professionals were more optimistic toward PMSO based on their familiarity and specialised training through employment. Members of the public appeared to hold greater negative attitudes toward PMSO, citing views that were punitive and disbelieving of rehabilitation. Risk perceptions were increased for both groups when PMSO were described to be offending opportunistically towards victims of varying ages. Conclusions: Forensic professionals appeared to present with greater traits of openness and honesty-humility, which appeared to influence their overall positive attitudes towards PMSO and their rehabilitation. Professionals with increased positive attitudes toward PMSO could influence clinical judgement and underestimate risk posed by PMSO. The implications of this should be considered in clinical practice.
--	--

Poster number	4
Presenter	Benjamin-Rose Ingall
Job title and affiliation	Research Delivery Assistant, Nottinghamshire Healthcare NHS Foundation Trust
Title of talk	An exploration of gender variance and healthcare needs in autistic individuals (2019)
Abstract	It is becoming clearer that autistic individuals are more likely to be transgender or non-binary than neurotypical individuals. This intersection provides a valuable perspective on gender, as well as unique healthcare needs. The aim of this study was to consider the lived experience of trans autists with reference to their gender and their healthcare needs. A focus group of 11 trans and non-binary autists was formed in order to discuss experiences of gender as it intersects with autism, and their healthcare needs. Several common themes regarding gender emerged, including "gender as power", which related to the conceptualisations of gender given by feminist theorists. All participants discussed negative experiences with healthcare systems, including lack of knowledge by healthcare professionals which leads to an excessive need for self-advocacy from participants, regardless of their ability to do so. A number of methods for improving the healthcare experiences for autistic trans individuals were raised, including respecting patients names and pronouns, additional training for healthcare professionals, and specific consequences for ableism and transphobia.



Poster number	5
Presenter	Kayley Hatton
Job title and affiliation	Trainee Forensic Psychologist, University of Nottingham
Names and affiliations of co-authors	Kevin Browne, University of Nottingham
Title of talk	The experience of childhood maltreatment in young offenders: its impact on violent behaviour, before, during and after a stay in custody.
Abstract	Aim This study aimed to explore the role of maltreatment in violent offending, violent behaviour in custody and violent recidivism. Method Data in the form of reported experience of childhood maltreatment from 287 young people (230 male and 57 female) who resided within a youth custody facility in the UK was used to explore this. It was hypothesised that young people who had experienced multiple types of childhood maltreatment would demonstrate higher rates of violent behaviour at each time point compared to those who had experienced fewer or no types of childhood maltreatment. Results Regression analysis revealed risk factors associated with violence at each time point. The experience of any abuse and neglect was associated with violence at each of the three time points. A total of 86% of the sample had experienced abuse and/or neglect. Other risk factors associated with violence included gender, specifically in relation to knife crime, violence towards other young people in custody and violence directed towards oneself. Ethnicity was associated with knife crime, and violence towards staff in custody. The identified risk factors were utilised to explore a model predictive of violence in custody towards staff and towards young people. Although both models yielded high levels of positive predictive accuracy for identifying those young people most at risk of perpetrating violence to others (either staff or young people in custody), negative predictive accuracy was also high. Conclusion The results and the limitations of the study are discussed, with recommendations made in relation to interventions and further avenues of research to improve practise within the youth justice system.

Poster number	6
Presenter	Rebecca Lloyd
Job title and affiliation	Research Assistant, School of Health Sciences, Institute of Mental Health, University of Nottingham
Names and affiliations of co-authors	Ada Hui (School of Health Sciences, Institute of Mental Health, University of Nottingham); Mark Pearson (School of Health Sciences, University of Nottingham); Mike Slade (School of Health Sciences, Institute of Mental Health, University of Nottingham); Stefan Rennick-Egglestone (School of Health Sciences, Institute of Mental Health, University of Nottingham)
Title of talk	How expressions of gratitude create change in healthcare settings: a systematized review



Abstract	Introduction Healthcare workers regularly receive expressions of gratitude (EoG) from patients and family members for the treatment and care they have provided, but organisational barriers can make the transmission of gratitude difficult. Enabling people to voluntarily express gratitude to healthcare staff might benefit staff wellbeing and service delivery. Methods A systematized literature review of empirical evidence was conducted on the impact of receiving EoG on healthcare workers (https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=265334). Documents were identified from CINAHL, MEDLINE, PsycINFO and included where gratitude was voluntarily expressed. Data was abstracted on mechanisms, moderators, mediators, and types of change. A change model was produced and validated through consultation with healthcare workers. Results 9,203 records were screened. 23 studies were included from 19 countries spanning 6 continents. Included documents were primarily qualitative (n=15). Quantitative documents (n=8) consisted of one trial report and 7 documents presenting survey evidence. Positive impacts were categorised as work-related change (including improved team performance and work-related satisfaction), changes directly benefiting staff health (including increased sleep quality and decreased headaches) and proximal emotional change (including feeling rewarded, motivated, and fulfilled). One US study described physicians feeling pressure to offer preferential treatment to patients who gave gifts. Mechanisms of impact included intensification of prosocial team processes and changes in the patient-professional relationship. Impact was moderated by the psychological demand of specific healthcare roles and mediated by team information sharing. Conclusions EoG can create change in healthcare settings, and there is a paucity of interventional studies, providing future research opportunity.
-----------------	---

Poster number	7
Presenter	Sophie Mann
Job title and affiliation	Trainee Forensic Psychologist, North East London NHS Trust
Title of talk	How much is known about cognitive functioning in those who are domestically abusive?
Abstract	This paper presents findings from a systematic review exploring domestic abuse perpetrators, their cognitive functioning and abilities. Databases were systematically searched and after excluding duplicates, applying eligibility criteria and quality assessment criteria, fifteen papers were included. Three different groups of cognitive functioning emerged when studies were explored in detail: neuropsychological abilities, socio-cognitive abilities, and cognitions. Results suggested domestic abuse perpetrators have higher levels of neuropsychological deficits than controls, particularly notable in impulsivity and executive functioning, as well as empathy deficits and emotion decoding difficulties. Furthermore, higher frequencies of implicit theories supporting domestically abusive behaviours were seen in domestic abuse groups, compared to controls. The relationship between these three distinct areas of cognitive functioning are then discussed in relation to implications for treatment and further research.



Poster number	8
Presenter	Stefan Rennick-Egglestone
Job title and affiliation	Senior Research Fellow, School of Health Sciences, University of Nottingham and Institute of Mental Health
Title of talk	Principles for the ethical and efficient production and dissemination of online recruitment messages by health research studies
Abstract	Some health research studies recruit participants by disseminating recruitment messages through online mechanisms such as Twitter. Online recruitment messages can provide a mechanism for contacting hard-to-reach populations and enabling rapid recruitment to studies, but there are specific ethical issues to consider. For example, online support forums can act as a safe space for people affected by mental health problems, which can be harmed if researchers “lurk” to post recruitment messages. Online recruitment campaigns might be most effective if studies are enabled to disseminate large numbers of recruitment messages which are contemporaneous and tailored to particular audiences. However, approval processes for recruitment messages can be ambiguous, leading to unprincipled variation in requirements for message authorisation by regulatory bodies. Some ethics committees have required prior approval for all online recruitment messages. This creates burden for regulatory bodies and study teams and slows message production. This paper proposes that protocols for health research studies should present explicit principles to control the production of online recruitment messages, for authorisation by regulatory bodies. Study teams can then generate principled messages, to be retained for audit. We adopted this approach for the Narrative Experiences Online (NEON) Trial and NEON-O Trial https://doi.org/10.1186/s13063-020-04428-6 https://doi.org/10.1186/s13063-022-06027-z where we developed 9 approved principles https://doi.org/10.1186/s13063-021-05412-4 Both trials recruited to time and target. If this approach was widely adopted, protocol authors would need to select a subset of principles relevant to their population and study design. A community effort to identify principles might enable the production of ethically-sound protocols and support study recruitment.

If you have any queries about the event please email karen.sugars@nottshc.nhs.uk