

In the news...

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

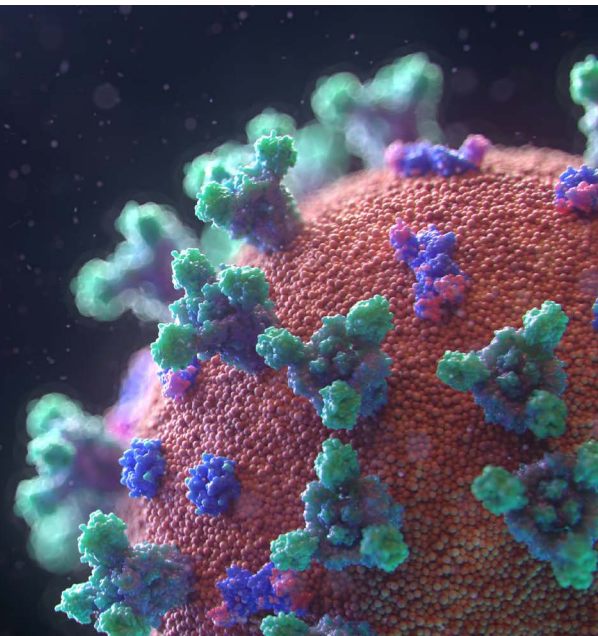
We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

Institute of Mental Health researchers pioneer eight new national and international COVID-19 studies

Research teams and leading experts from the Institute of Mental Health (University of Nottingham Division of Psychiatry and Applied Psychology) are responding to the current global pandemic by launching new projects and contributing their mental health knowledge and expertise to existing COVID-19 studies.

The projects range from workforce wellbeing, digital mental health, the affects on parents and children of home-schooling and the impact COVID-19 has had on people living with existing medical conditions.

[Continued on page 2](#)



In this issue...

- Responding to the COVID-19 mental health crisis
- Major donation from Santander to fund new mental health research
- Stimulating research gives new treatment hope for Tourette Syndrome
- New Cochrane Review published for borderline personality disorder
- New rapid result research for people living with MS

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



As we enter our fourth month of working remotely and keeping the Institute closed, we are increasingly finding new ways to work and more new research is being kick-started. Our recent online event held in partnership with the University of Nottingham's Institute of Policy and Engagement (read more on page 14) was hugely popular and we hope to announce more virtual events in the near future, [join our mailing list](#) to stay in touch.

Several of our research teams have now refocused their efforts on the mental health challenges that the pandemic and COVID-19 present, read more about our key studies on the page opposite. We are also delighted to announce that major funding has been donated by Santander Universities UK to implement three of our new mental health research projects – read more about this unique donation on page 4.

In response to the tragic events of the past few weeks and the powerful anti-racism protests across the UK and around the world we have reaffirmed our commitment to combating racism and inequality. These events once again drew attention to the persistence of racism in much of society

and inequalities within mental health care system. We would like to create action, not just words.

We have been inviting conversations, discussions, education and ultimately to focus on growth of understanding, respect, and what role the Institute can play in making positive change for our black, Asian and minority ethnic colleagues. There has already been work taking place behind the scenes and this will continue over the coming weeks and months.

We recommend that everyone reads this **[short guide to standing up as a BAME ally](#)**, shared by our Nottinghamshire Healthcare NHS Foundation Trust colleagues.

For the safety of our colleagues and visitors our building remains shut for the foreseeable future, but you can read all our latest announcement and news by visiting our website institutemh.org.uk or following us on Twitter [@InstituteMH](https://twitter.com/InstituteMH).

Stay safe and well.

Continued from page 1

Institute of Mental Health researchers pioneer eight new national and international COVID-19 studies

1 **Parents' experiences of home schooling**

A survey of parents' experiences of home schooling during COVID-19 has just launched. This is part of an international study led by collaborators in Sweden and Germany. **Dr Maddie Groom** is the UK lead collaborator. The findings will be shared with schools so that they can use this information to adapt/refine the support they have provided to parents and children during this time. The survey includes questions about mental health and cognitive difficulties that parents or children may be struggling with, so the researchers will be able to help schools identify how best to support these children and families. The survey is open to all UK parents, including UoN staff and students, and can be found [here](#).

2 **Enhancing the mental health and well-being of the NHS workforce**

Poor mental health, especially depression and anxiety, is the leading cause of long-term sickness absence and early exit from employment from the NHS. The stress caused by COVID-19 has exacerbated these issues. Led in the East Midlands by **Prof Richard Morriss**, this questionnaire and interview study aims to monitor and mitigate the mental health, burnout, sickness absence and intention to leave the NHS workforce and its relationship to working conditions, personal circumstances and measures taken by employers. This national study called **[NHS Checks](#)** (Chief Investigator Prof Sir Simon Wessely) following 120,000 NHS staff in acute and mental health trusts over 18 months funded through the NIHR Applied Research Collaboration East Midlands and National Collaboration and other NIHR funding. The study will also compare the mental health of NHS staff from Black and Minority Ethnic origin, who experience a greater risk of death and possibly greater anxiety from COVID-19 with the rest of NHS staff.

3 **Well-being of the Workforce**

Dr Juliet Hassard and Dr Louise Thomson are leading the **[Well-being of the Workforce](#)** (WoW) Study, investigating how people's work and employment has changed because of COVID-19, how this has affected their wellbeing and feelings about work, and what might be helping people to cope with the current uncertainties. The study is being conducted by researchers from the University of Nottingham and Nottingham Trent University. The survey is open to all working age adults, including UoN staff and students, and can be found [here](#).

4

Covid-19 anxiety and its relation to pain, medication use and help-seeking

Using the existing “Knee pain and related health in the community study” (KPIC) cohort of over 3,000 primary care patients over the age of 40 years of age in Nottinghamshire and Derbyshire, a new sub-study will explore how anxiety and depression due to COVID-19 and its consequences alters the experience of pain, quality of life, medical help-seeking, medication use and over the counter drug use. The new study will compare the current experience with earlier reports from this cohort who have been surveyed on three occasions over the last five years. The study is funded by the Nottingham NIHR Biomedical Research Centre (musculoskeletal and mental health and technology themes) and the NIHR Applied Research Collaboration East Midlands.

5

Digital delivery of psychological treatment and self-management of COVID-19 severe health anxiety, including those with existing medical conditions

COVID-19 has resulted in new cases of severe COVID-19 health anxiety and a change in the presentation of mental health problems in those who had pre-existing mental health conditions. This project led by **Prof Richard Morriss** aims to understand the specific nature of severe COVID-19 health anxiety and its behavioural consequences, develop videoconferencing cognitive behaviour therapy and online self-management interventions, and provide preliminary evidence of acceptability, feasibility and effectiveness for the population and patients with pre-existing conditions. The study is supported by NIHR Applied Research Collaboration East Midlands.



6

Digital delivery of psychological treatment for children and younger people with depression and anxiety

Led by the **NIHR MindTech team** (**Prof Chris Hollis** and **Dr Jen Martin**), this project aims to develop a digital platform/digital front door for interventions to address childhood depression and anxiety following COVID-19 and piloting of on-line self-management. They will adapt, deploy and evaluate the online Aroha chatbot, UK SPARX and the UK HABITs digital platform for regulatory approval and implementation across the UK.

7

Impact of COVID-19 on Disease Modifying Therapies and psychological wellbeing in multiple sclerosis

Funded by the MS Society, this study explores the impact of COVID-19 on people with MS and whether the risk profiles for developing COVID-19 and resultant outcomes differ based on Disease Modifying Therapies. The study is co-led by **Dr Nikos Evangelou** (Division of Clinical Neurosciences) with **Prof Roshan das Nair** as co-applicant and has had over 4,000 people with MS respond to this longitudinal survey, with data collected every two weeks. One innovation is that emerging data/findings are released every two weeks to the MS community, which includes people with MS and clinicians. A mental health **sub-study exploring mood and psychological wellbeing** has also been launched.

Prof das Nair is also conducting an ethnographic study on the challenges and solutions to developing and conducting research while the pandemic unfolds.

8

Clinical presentations and correlates of poor clinical outcomes of COVID-19 among older adults with psychiatric morbidity

Led by **Dr Anto Rajamani**, (Clinical associate professor in Old Age Psychiatry and consultant for the mental health services for older people team at Millbrook Hospital, Nottinghamshire Healthcare NHS Foundation Trust) this new project will expand this project to describe the clinical characteristics, clinical course and outcomes, and predictors of poor clinical outcomes related to COVID-19 among older people with psychiatric illnesses. The project will run alongside a case series, also led by Dr Rajamani, which is reporting the lessons learnt from patients who tested positive for COVID-19 in Nottinghamshire Healthcare NHS Foundation Trust.

Philanthropy to help the community

Generous donation from Santander UK funds new mental health research

Individuals whose mental health has been, or is likely to be, disproportionately affected by Covid-19 are to be the focus of a new research project funded by a donation from multinational bank and financial services group, Santander.

A group of the country's leading mental health experts based at the Institute of Mental Health and the University of Nottingham are set to develop a rapid research programme for post-pandemic depression and anxiety following a generous £58,000 donation from Santander Universities UK.

The effects on mental health from the Covid-19 pandemic are expected to continue for many years to come even after the infection is brought under control.



The enduring adverse economic impact and societal changes required to bring Covid-19 under control, alongside the mental health effects of Covid-19, are disproportionately high in some groups of society.

Amongst the general public, mental health effects of Covid-19 disproportionately affect younger people with suicidal thoughts, those who are under 24 years of age, those with existing mental and physical conditions, those who live alone or with children, those with lower income, and those who are unemployed or experience job insecurity.

Amongst professional groups, keyworkers, and NHS, residential and care homes staff, especially those from Black, Asian and Minority Ethnic (BAME) groups who account for 70% of deaths from Covid-19, constitute other groups that have been disproportionately affected by Covid-19.

The specific needs, challenges, and opportunities that each of these groups presents (NHS and social care workforce, particularly those from BAME backgrounds; those with severe health anxiety; and children and young people) must be studied to understand how their mental health and psychological wellbeing can be supported and improved.

This donation will secure the expertise and resources to translate technology and treatments into life-changing support. Mental health researchers face the challenge of acting now, in order to prepare for the future.

Core team members

- **Prof Richard Morris**
Psychiatry, Lead: NIHR ARC East Midlands Mental Health and Wellbeing theme
- **Prof Roshan das Nair**
Clinical Psychology & Neuropsychology
- **Prof Chris Hollis**
Professor of Child & Adolescent Psychiatry and Director, NIHR MindTech MIC
- **Prof Ellen Townsend**
Psychology
- **Prof Christopher Greenhalgh**
Computer Science
- **Dr Jen Martin**
Human Factors and NIHR MindTech MIC)

Work package 1

Enhancing the mental health and well-being of the NHS and Social Care workforce.

Work package 2

Digital delivery of psychological treatment and self-management of Covid-19 severe health anxiety, including those with existing medical conditions.

Work package 3

Digital delivery of psychological treatment for children and younger people with depression and anxiety.

Sharing ideas and provoking new thoughts

During lockdown blogs have become a very popular way for people to share ideas and generate discussions. We have recently made the [Institute's blog a more integrated part of our website](#) in order to give the articles we host a much higher profile and make them easier to find. Our series of patient and public involvement blogs continues, as we share insights from our public contributors as they work with us remotely.

Several IMH academics have also published blogs over the past few months:

Hosted by the University of Nottingham Institute for Policy and Engagement's blog, Dr Elvira Perez Vallejos looks at [how increased access to digital technology during lockdown has highlighted the challenges of ensuring the rights of children are protected in the digital world.](#)

The Institute for Policy and Engagement's have also curated a new blog series exploring life during and after lockdown. The work of [Dr Louise Thomson and the Wellbeing of the Workforce \(WOW\) study team has been featured](#), alongside Prof Ellen Townsend's views on the [mental health of children and adolescents in a post-lockdown world.](#)

Professor Paul Crawford recently had [a blog published via the Arts and Humanities Research Council \(AHRC\)](#), discussing the creativity that has come out of the pandemic, and how "...arts and humanities are providing a vaccine to boredom."



Open letter to Education Secretary published in The Times

Professor Ellen Townsend published an open letter to the Education Secretary, Gavin Williamson MP, demanding that children and young people should have lockdown restrictions lifted so that they can return to a more normal way of life and protect their mental health.

Many mental health experts have signed the letter, which calls for the government to change social distancing advice in such a way that summer play schemes and education providers of all types are able to open. The letter goes on to ask for children and adolescents to be prioritised in the release from lockdown as a matter of utmost urgency in order to prevent a national crisis and the decimation of their futures.

Professor Townsend explained her reasons for publishing the letter:

"The health and wellbeing of children and young people has been neglected in government decision making and that there was a lack of 'big picture thinking' that weighs the risks and benefits of policies. I was worried about the impact on their mental health and I wrote a blog for University of Nottingham outlining some of my concerns."



To find out more and read the letter and blog, visit our website: www.institutemh.org.uk



Read the latest Institute of Mental Health blog www.institutemh.org.uk

Stimulating research gives new treatment hope for Tourette Syndrome

New research from Prof Stephen Jackson and team has found that delivering electrical pulses to the wrist can significantly reduce the amount and severity of tics experienced by individuals with Tourette Syndrome (TS), giving new hope for an effective treatment. The newly published findings have received widespread media coverage, including Reuters, Daily Mail, Metro, New Scientist and BBC World Service.



Find out more:
www.institutemh.org.uk



STADIA successfully recruit 100th participant from CAMHS



Researchers in NHCFT working on the STADIA Trial are celebrating this month as they reach a milestone of recruiting 100 children and young people and their parent/carer to this NIHR-funded research study.

The STADIA trial (STAndardised Diagnostic Assessment for children and adolescents with emotional difficulties), led by Prof Kapil Sayal and NHCFT, is working with children and young people with significant levels of emotional difficulties (such as anxiety or depression) who have been referred to Child and Adolescent Mental Health Services (CAMHS) for specialist help.

The study 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.

So far, over 370 children and young people and their parents/ carers have been recruited nationally. Of these, over 100 have been recruited from Nottinghamshire Healthcare NHS Foundation Trust and are the top recruiting site. The study will be continuing recruitment for at least another year.

The researchers from NHCFT's Research Delivery Team - Paula Brown, Rebecca Coales and Lydia Wigginton would like this opportunity to say a huge "Thank you" to the CAMHS staff, especially the SPA team, for their welcomed support and to all the young people and parents/carers who are helping with this important research to enhance clinical care.



Find out more about the STADIA trial
on our website www.institutemh.org.uk

Lockdown: crimes in the home are on the up

Prof Eddie Kane and colleagues from the University of Birmingham recently published an article in The Conversation highlighting that new measures are needed to support victims of domestic violence and child maltreatment during lockdown.

The article called for better surveillance, more support for families and those experiencing abuse, and a more effective way for authorities and public agencies to communicate with each other.

Select Committee hear evidence from Prof Eddie Kane

As lead for the Centre for Health and Justice, Prof Eddie Kane was involved in two evidence briefs to the Home Affairs Select Committee reviewing Home Office Covid-19 readiness. Prof Kane co-authored two papers and was the lead author for a third paper which have since been published in the Committee's report evidence summary, and were subsequently used in the preparation of their final report.



Click here to read the evidence briefs
www.committees.parliament.uk

Mental Disability Law - Postgraduate and Early Career Research Seminar

This is our 5th postgraduate and early career research seminar, an annual partner to the bi-annual Mental Disability Law Conference. It aims to create a space to showcase and share ideas, network and discuss the topics which matter with people who share your research interests. It is designed for postgraduates and early career researchers who operate within the broad remit of mental disability law.

If you would like to attend this online event, please email the organisers to sign up as a participant.

The event will consist of presentations (15 minutes each in length) with time for questions and answers, separated by a talk from guest speakers to facilitate group discussion. This year the talk will be on 'COVID-19 and Mental Health Law' with guest speakers Jill Stavert and Julie Gosling. An itinerary will be distributed closer to the event.

Please contact Amanda Keeling (a.keeling@leeds.ac.uk) AND Grace Carter (Grace.Carter@nottingham.ac.uk) if you wish to sign up to watch the event or if you have any questions.



Click here to read the seminar programme
www.institutemh.org.uk





Free online dementia course runs for a second time

In January, researchers from the Centre for Dementia ran a free online dementia course called: Foundations in Dementia. Approximately 3,500 people worldwide signed up and due to the positive feedback it received the course was relaunched again in June.

On this course, participants will learn to understand people with dementia and to care appropriately as a professional or family supporter. Spanning six topics from prevention and diagnosis to end of life care, the course also offers insights from recent research.



Click to read more about the course
www.futurelearn.com

Dementia blog-writing competition

The Centre for Dementia is holding a blog writing competition. They would like to encourage anyone, with an interest, to submit a blog on any theme related to dementia for inclusion on the [Dementia Day to Day](#) website.

Writing blogs is a noble art but, even if you have not done one before, please do not feel intimidated. They would like as many entries as possible, and on a wide range of dementia-related topics. Blogs should be about 300-500 words, though they are not prescriptive about length. The essence of them is freshness, which may be reflected in their seeming spontaneity or just the fact that they are topical. Unlike for other forms of academic writing, you do not need to include any references.

Competition rules

Open entry. **Up to three entries** may be submitted.

Please submit to: tom.denning@nottingham.ac.uk along with your book choices.

THE CLOSING DATE FOR ENTRIES IS 31ST JULY 2020.

Entries will be assessed by a distinguished panel of judges. The judges' decision and the allocation of books will be final.

Further information on prizes can be found on our [website](#).

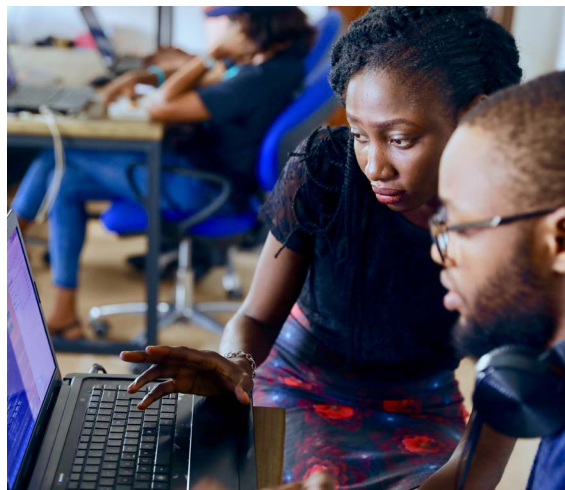
ExTRAPPOLATE

Explainable Therapy Related Annotations: Patient & Practitioner Oriented Learning Assisting Trust & Engagement (ExTRAPPOLATE) is a new project which aims to co-create a computer-based tool to help mental health practitioners see where they are using particular approaches in their therapy sessions, which could later be developed into a tool to help them improve their practice.

It is difficult for therapists to know how well they are performing in therapy sessions. It is possible to have a more senior therapist sit in the room with them, but this may make the patient uncomfortable, and uses a lot of time and resource.

The ExTRAPPOLATE project wants to develop a tool that a therapist can use to look back at their own sessions and see where particular 'processes' (psychological change mechanisms) are taking place. This is a first step towards automatically improving psychological therapy.

To develop their tool, they are creating a system that can process language from therapy sessions using computers and a method called 'natural language processing' to find out what kinds of processes are taking place within therapy sessions.



Click here to read more
www.institutemh.org.uk

MindTech team join drive to develop Trustworthy Autonomous Systems

A multidisciplinary team of researchers from the University of Nottingham will be part of a Trustworthy Autonomous Systems Hub that will spearhead work to ensure that autonomous systems such as driverless cars and robots are trustworthy by default and can ultimately benefit society and industry.

UK Research and Innovation (UKRI) is investing £33 million from the Strategic Priorities Fund to support the Trustworthy Autonomous Systems programme.

The project will establish a collaborative platform for the UK to deliver world-leading best practices for the design, regulation and operation of autonomous systems that are socially beneficial.

This will build a community that is coherent, connected and best placed to deliver the fundamental research needed to make autonomous systems trustworthy in principle, and trusted in practice by individuals, society and government.

The Nottingham team includes researchers from across Computing, Engineering, Law, Medicine, Psychology, and Sociology.



Click here to read more
www.nottingham.ac.uk

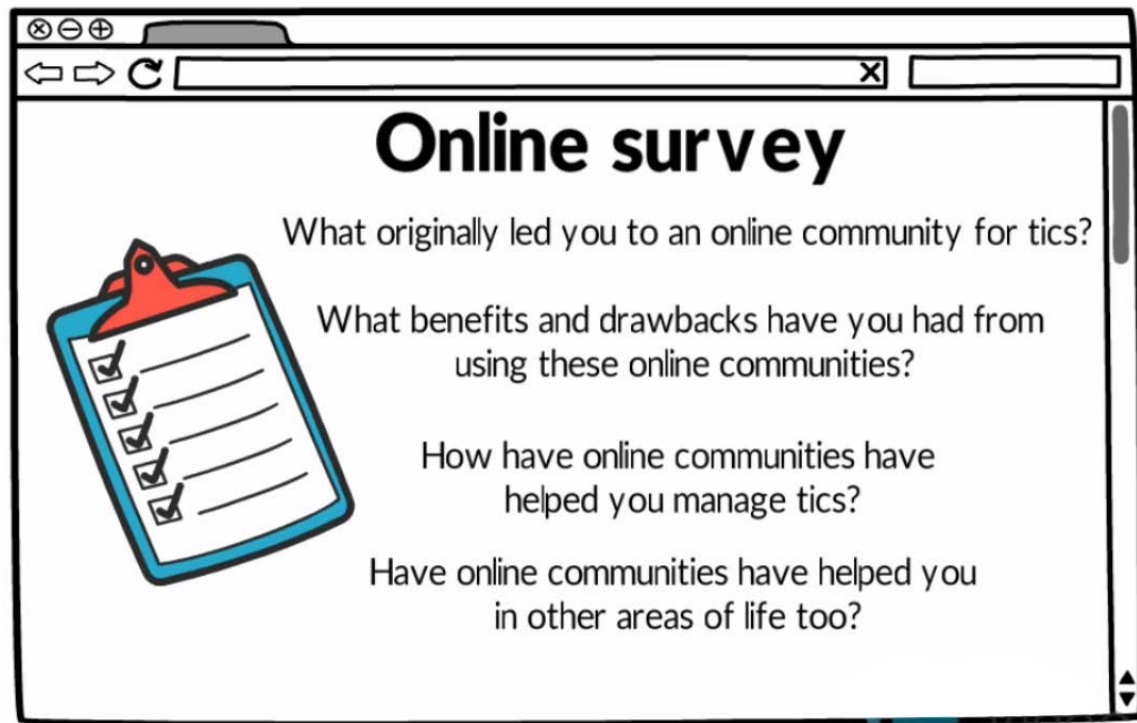
MindTech contribute to “Bending the curve: the future of digital mental health post-COVID-19” webinar success

With over 230 people booked on to a recent webinar, it was clear that the future of digital mental health is on the minds of many people working in the sector.

Professor Chris Hollis was part of an expert panel of leading digital health researchers, practitioners and advocates to discuss the importance of where digital mental health support sits in a post-COVID-19 world.

There was a particular call for the need for reflection and evaluation, as well as the idea of a national digital mental health strategy.

The [event is still available to view online](#) and there are plans to develop the ideas and recommendations from the webinar into a new white paper.



New video summarises findings from latest Tourette syndrome project

A new video has been created to describe the findings of a research project that focused on online communities for Tourette syndrome and tic disorders, led by researchers from MindTech and the University of Nottingham.

The video uses simple illustrations and imagery to clearly describe the reasons behind the study and what the project found out. The whole paper describing the study and its results is available to read online.



Click here to watch the video
[**www.vimeo.com**](https://www.vimeo.com)

Nottingham expert contributes to new home-working guidance

The British Psychological Society (BPS) has **published guidance for employers and employees on working differently during and after COVID-19.**

Dr Louise Thomson (Centre for Organizational Health and Development) is part of the working group of co-authors that has developed this guidance for healthy and sustainable home-working, which will form part of a larger series of work to be published over the coming months.

Audit published in International journal of health governance

Pallab Majumder (CAMHS Consultant Psychiatrist, Nottinghamshire Healthcare NHS Foundation Trust) led an audit of the quality and effectiveness of review meetings between core and higher psychiatry trainees and their educational supervisors with trainee Josephine Holland. The **audit review has now been published in the International Journal of Health Governance.**

The project was established as part of Pallab's role as mentor for the Educational Supervisors in the Trust, who supervise the post graduate trainees.

New workforce wellbeing project appears on TV

Dr Louise Thomson and Rich Pickford from the "Wellbeing of the Workforce" (WOW) project team **appeared on Notts TV on 5th June** with reporter Will Hollis to discuss what the study findings will tell us about the effects of COVID 19 on employee wellbeing. (Watch from 14:00)



Cochrane review published for borderline personality disorder



A new Cochrane Review has been published reviewing "Psychological therapies for people with borderline personality disorder".

Contributing to this substantial review of a variety of psychological interventions for borderline personality disorder (BPD) were Birgit Völlm and Christian Sales (Nottinghamshire Healthcare NHS Foundation Trust Research and Evidence team).

This internationally authored review updates and replaces an earlier review from 2012 and assesses the beneficial and harmful effects of psychological therapies for people with BPD.



Read the full Cochrane Review
www.cochranelibrary.com

Want to know how to get started in research at Notts Healthcare?

Staff from the Nottinghamshire Healthcare NHS Foundation Trust's Research and Evidence team are now holding monthly research clinics to enable more people (from across the Trust and externally) to understand how to conduct research within the Trust's services. Appointments are available, via using Microsoft Teams, to anyone wanting to conduct a research project or service evaluation in the Trust. Advice can be provided about a range of topics such as sponsorship, research compliance, trust logistics and guidance on applications.

The next research clinics are on:
Wednesday 15 July | Tuesday 11 August
Tuesday 15 September | Wednesday 14 October
Tuesday 17 November | Wednesday 9 December.

There are four 30 minute sessions (10.00, 10.30, 11.00 and 11.30) available per clinic. **Booking is essential.**

To book a 30 minute slot, please contact Sharon Richards at research@nottshc.nhs.uk. Please give your preferred date and an indication of what it is you would like to discuss.

New “Florence Nightingale at home” book receives rave reviews

Homes can be both comforting and troubling places. A timely new book (lead author Professor Paul Crawford, Director of the Centre for Social Futures responsible for new “Florence Nightingale at home” research) proposes a new understanding of Florence Nightingale’s experiences of domestic life and how ideas of home influenced her writings and pioneering work.

From her childhood homes in Derbyshire and Hampshire, she visited the sick in their cottages. As a young woman, feeling imprisoned at home, she broke free to become a woman of action, bringing home comforts to the soldiers in the Crimean War and advising the British population on the home front how to create healthier, contagion-free homes. Later, she created Nightingale Homes for nursing trainees and acted as mother-in-chief to her extended family of nurses.

These efforts, inspired by her Christian faith and training in human care from religious houses, led to major changes in professional nursing and public health, as Nightingale strove for homely, compassionate care in Britain and around the world. The book has received rave reviews from Nightingale and nursing experts alike:

Click here to pre-order your copy of the book (due for publication in October 2020)



“ A fascinating insight into some of the most personal yet valuable areas of Nightingale’s life, this book will be a welcome addition to the library of any Nightingale enthusiast. The unique and timely focus of this book makes for a compelling read. It is book marked by passion and dedication. ”

David Green, Director,
Florence Nightingale Museum

“ This brilliant book deftly uses the device of ‘home’ to interrogate the life and achievements of Florence Nightingale. By doing so it brings a new interpretive lens on the role that ‘home’ played in her reform efforts and breathes new life into this ever fascinating nurse and cultural icon. ”

Professor Anne-Marie Rafferty CBE,
President, Royal College of Nursing

“ This book is not only scholarly and accurate but has excellent visuals and is wonderfully readable. The authors use the ‘home’ theme to present material from the Crimean War and press coverage of it, her faith and the pioneering research she did from her own home post-Crimea. ”

Professor Lynn McDonald (Editor of the Collected Works of FN and the leading scholar worldwide),
University of Guelph

“ This eminently readable and well researched book sheds a fascinating new light on Nightingale’s influences and motivations, seen for the first time through the prism of ‘home’. Nightingale’s legacy provides a valuable guide as we navigate the challenges being faced by the Covid-19 pandemic. ”

Peter Kay, Owner of Nightingale’s home “Lea Hurst”, Derbyshire



New rapid-results research projects set up to help people with multiple sclerosis during pandemic

A new research project born out of the current COVID-19 pandemic will track the moods of people with multiple sclerosis (MS) over time to monitor its effect on accelerating the progression of the disease.

Researchers from the Nottingham **MS Research Group** are working with colleagues at the MS Society, Imperial College London, Swansea University and the UK Multiple Sclerosis Register to examine the effect of COVID-19 on people living with MS. The pioneering new collaboration encompasses two projects, one of which has already started sharing findings as the data sets have been analysed, to provide real-time results and reduce the delay it can often take research to benefit patients.

The project includes a sub-study to explore how COVID-19 is affecting the mood and psychological wellbeing of people with MS. This is important because this kind of pandemic, and the associated loneliness caused by isolation, can lead to future mental health problems for many. As it is acknowledged that high levels of mood problems can be associated with MS relapses, the research teams want to urgently track people's mood, and find ways of helping them deal with these problems.



Read more about the new study
www.institutemh.org.uk

Mental health “catapulted” to top of agenda as a result of pandemic

A topical theme of “Mental health and COVID-19” was chosen for the recent online panel discussion the Institute held in partnership with the University of Nottingham’s Institute for Policy and Engagement.

Exploring the impact of the pandemic on government and public mental health policy-making were two of the Institute’s experts, Dr Louise Thomson and Professor Ellen Townsend, alongside Alex Norris MP (Shadow Minister for Prevention, Public Health and Primary Care) and Steve Spring CBE (Chairman, Mind Charity).

Delving into their experiences, knowledge and research expertise, the panel discussed the pandemic’s impact on the UK’s workforce and healthcare workers, children and young people, our communities and already over-stretched mental health services and support.

Over 450 viewers signed up to watch the discussion, plus a thought-provoking question and answer session from the audience. The discussion was recorded and you can watch it again by following the link below.

As we adapt our events programme to minimise face to face gatherings, we hope this will be the first of many new online events.

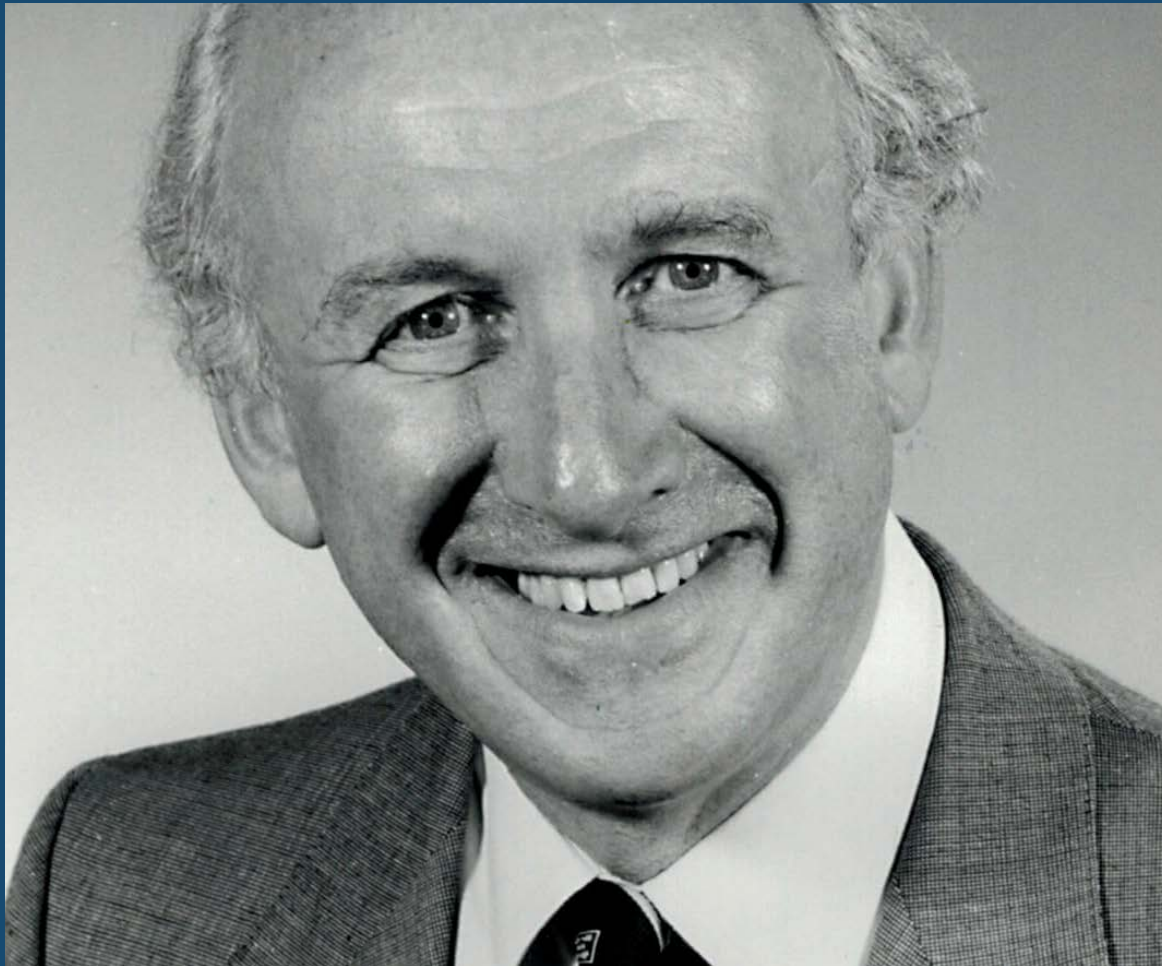


Click to watch the discussion
www.institutemh.org.uk



Professor Tom Arie

(1933-2020)



Tom Arie, who died on 24th May 2020, was a legendary figure in old age psychiatry. Indeed, he was integral to the specialty being founded in the first place. He was also a key figure in the early history of the Nottingham Medical School.

He took an unusual route into psychiatry, having studied classics as an undergraduate. He was influenced by ideas of social medicine during his training, and this led him to break away from the traditional route into academic psychiatry. Instead, he took a post in unfashionable north-east London and chose to work with older people. At the time, this was regarded as a kind of career suicide. He was appalled by the conditions faced by older people in the back wards of psychiatric hospitals. He began by operating a small community service, which offered comprehensive assessments for older people at home, something that became the standard pattern for old age psychiatry as it developed. His Lancet paper of 1970 became a citation classic.

However, he was lured to a new challenge by the foundation of the new Medical School in Nottingham. The Department for Health Care of the Elderly was a genuine innovation as it combined medicine and psychiatry for older people into a joint academic enterprise, and the two specialisms had adjacent wards in the new QMC. The department attracted much interest and many visitors, and Tom was always a willing and generous host. He undertook clinical work in the city, with his local patch being the Meadows and St Ann's.

He was for many years a father figure for generations of old age psychiatrists, and a major influence in founding the Faculty of Old Age Psychiatry in the Royal College of Psychiatrists. He was active internationally through such bodies as the International Psychogeriatric Association.

He retired in 1995 to live in Norfolk but remained active, notably with the series of Dementias annual conference, for many years. This included continuing to take an interest in developments in Nottingham, such as welcoming the opening of the IMH in 2012.

For other tributes, [click here](#) and [here](#).

Tom Denning
Martin Orrell
2nd July 2020