

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 have an established track record of success in pioneering education and innovative inter-disciplinary research. We strive to have a positive impact within the health, social care and criminal justice sectors.

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

Our March newsletter shares updates and achievements from across the Institute of Mental Health and showcases emerging new research areas.

This edition of our newsletter starts with the fantastic news that our DISTINCT dementia research project has secured a £3.5m European Commission funding award for the next three years. The funding will create an ambitious network spanning across Europe, bringing together the very best researchers, universities and technology partners to develop 15 Early Stage Researchers to focus on the biggest challenges in dementia research.

The news of this recent funding success is a great way to begin 2019 and as the following pages of our newsletter show, there is plenty more success

and opportunities to get involved across a range of research areas within the Institute. From coverage on regional BBC news programmes to policy change events with the police, our work continues to influence and improve the lives of those living with mental health problems.

I do hope you will enjoy reading our latest update and share with your colleagues.

Professor Martin Orrell
Director, The Institute of Mental Health



Don't forget – if you want to keep up to date with news from the Institute please remember to follow us on



@InstituteMH



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£3.5m European dementia research funding marks Institute of Mental Health as lead centre for doctoral training

Dementia researchers from the Institute of Mental Health have secured a prestigious European Commission funding award, committing over £3.5 million towards a new programme of dementia research over the next three years.

The Marie Skłodowska-Curie Innovative Training Networks (MSC-ITN) are highly prestigious awards funded under the European Commission's Horizon 2020 programme. The programme identifies pressing societal challenges and then brings multi-disciplinary resources together from across Europe to find the right solutions.

The new MSC-ITN funding will facilitate the creation of the **DISTINCT project: "Dementia: Intersectoral Strategy for Training and Innovation Network for Current Technology"**. The aim of DISTINCT is to develop a multi-disciplinary, intersectoral educational research framework for Europe to improve technology and care for people with dementia and carers, and to provide the evidence to show how technology can improve the social health of people living with dementia.

Professor Martin Orrell, Director of the Institute of Mental Health and the lead for the DISTINCT project said:

“We are delighted to have been awarded this new funding, the work that this new study will deliver builds on the existing research framework from the INDUCT study. Bringing together a team of dementia and technology experts and researchers from across Europe creates a unique opportunity to pool resources, knowledge and ideas to tackle some of the biggest challenges in dementia.”

Recent research published by the INTERDEM Social Health Taskforce showed that there is a need for research specialists working to improve dementia care and supporting people at home, in order to reduce the economic and societal costs.

The DISTINCT programme will develop 15 Early Stage Researchers (ESRs) who will become experts in the health and social needs of people with dementia and the effective application of technological solutions to support them. Investing in a cohort of ESRs with such specialised expertise will ensure that critical dementia research has a future and could bring us a step closer to crucial breakthroughs in diagnosis or treatments.



Members of the DISTINCT team at the Institute of Mental Health (L-R): Prof Martin Orrell, Ann Gibbons, Dr Orla McDermott and Prof Justine Schneider

The success of this funding award demonstrates that European funding from Horizon 2020 continues to be a viable option for UK partners in a variety of research fields, despite the uncertainty surrounding Brexit. Funding commissioners and governments in both Westminster and Brussels have stated their commitment to continuing to collaborate on research and innovation.



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Music Therapy Charity awards new PhD grant for dementia research

Applications are now welcomed for a new three-year PhD Fellowship to the Division of Psychiatry and Applied Psychology, Institute of Mental Health/University of Nottingham, funded by The Music Therapy Charity.

The post will be supervised by Professor Martin Orrell and Dr Orla McDermott and the holder of the Fellowship will develop and evaluate a UK version of the Person Attuned Musical Interaction in Dementia Manual (PAMI-UK), the original version having been created in Aalborg in Denmark by a team that included Dr McDermott.

The Fellowship will start in September 2019 and applications should be sent directly to [Dr Orla McDermott](#).



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NIHR publish final report from VOICE study

Led by Professor Rowan Harwood, the VOICE study looked at communication training for health-care professionals working with people with dementia and how likely it would be to benefit staff and patients.

The full final report and scientific summary are now available to read and download from the NIHR's online journal library.



Click here to read
www.journalslibrary.nihr.ac.uk

Research study started for in-patient sexual safety

In September 2018 the Care Quality Commission (CQC) published Sexual Safety on Mental Health Wards which clearly highlighted that sexual safety is still a major issue in mental health services in the UK. At a national level the CQC have identified the need for national guidance on sexual safety on mental health wards that can be adapted to specific inpatient settings. In the report the CQC also list a number of recommendations to improve the sexual safety of people who use services at a local level.

With these recommendations in mind Dr Julie McGarry, University of Nottingham School of Health Sciences and Chair of the Domestic Violence and Abuse Integrated Research Group for the Centre for Social Futures (Institute of Mental Health) is currently undertaking a two year secondment to Nottinghamshire Healthcare NHS Foundation Trust in order to lead a research study to develop a model for sexual safety within acute in-patient environments.

For further details about the study please contact
julie.mcgarry@nottingham.ac.uk

New study published demonstrates clinical and economic benefits of remote CBT in reducing health anxiety problems

A new study has found that easy-access, remotely-delivered psychological treatment can significantly reduce extreme health anxiety in people who repeatedly go to the doctor, or hospital emergency departments.

The researchers from the Institute of Mental Health and NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) East Midlands carried out a multi-centre trial to compare the effects of cognitive behavioural therapy (CBT) delivered by phone or video calling, to standard treatment via their GP and the mental health referral system.

The NIHR-funded study found that the randomly selected group of patients who received sessions of remote CBT via telephone or online video calling had markedly reduced health anxiety in the 12 months after the start of this treatment and the cost savings to the NHS were more than £1,000 per patient. The results, published in BMC Medicine, also show that general anxiety and depression in these patients improved over the same period, as did their overall health.



Professor Morriss and Alison, one of the study's participants, appeared on a recent BBC East Midlands Today feature about the study's results.

Professor of Psychiatry, Richard Morriss, from the Institute's Centre for Mood Disorders (University of Nottingham, NIHR CLAHRC East Midlands, NIHR Senior Investigator, NIHR MindTech MedTech Co-operative and NIHR Nottingham Biomedical Research Centre) said: "This study has important implications for future clinical practice, we think. Health anxiety has been a growing problem for some time now and it means more and more people are seeking unscheduled on-the-day help or medical investigation from already over-stretched GPs and hospital emergency departments. Conversely, health anxiety can be in the form of a phobia which can prevent people from seeking medical attention leading to serious illness if symptoms are ignored.

“CBT is a well-tested and long-lasting effective treatment for severe health anxiety but despite this uptake is typically low because of stigma and negative experiences of mental health services. We found that people were more likely to engage in telephone or video calling therapy and it was easier for many people to access. It has huge potential, we think, to reduce these patients' anxiety, and the knock-on effect will be less demand for emergency appointments in both GP surgeries and hospitals.”



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Professor Ellen Townsend joins Centre for Mood Disorders



Ellen Townsend, Professor of Psychology (University of Nottingham School of Psychology) has joined the Institute of Mental Health's Centre for Mood Disorders.

Ellen holds a BA Hons in Music from the University of Leeds and a PhD in Psychology from the University of Nottingham. She completed her postdoctoral work in the Centre for Suicide Research at the University of Oxford.

Ellen is a Professor of Psychology at the University of Nottingham where she leads the Self-Harm Research Group, which investigates the psychological factors associated with self-harm and suicidality, and interventions that promote recovery

Her use of sequence analysis, the Card Sort Task for Self-Harm (CaTS), experiments, questionnaires, epidemiology, interviews and systematic reviews has influenced policy and practice for self-harm.



Institute experts join roundtable debate with Independent Office for Police Conduct

Professor Eddie Kane and Dr Louise Thomson from the Institute of Mental Health's Centre for Health and Justice recently published a report commissioned by the Independent Office for Police Conduct (IOPC) revealing the barriers faced by people living with mental health problems when using the police complaints system.

They were invited to join a recent IOPC roundtable debate in London, which saw lively discussions from police force representatives, as well as panellists from Crown Prosecution Service, Mind, the Equality and Human Rights Commission, Liberty, NHS England, plus the families of those who have died in police custody. Full details of the report can be found on the [Centre's web pages](#) and also featured in issue 34 of the IOPC's "[Learning Lessons](#)" magazine.

Appointments and appearances

“Editor’s Choice” for new menopause intervention study

Professor Amanda Griffiths (Centre for Dementia) worked alongside colleagues at Kings College London to complete a recent trial exploring a training intervention to help managers support menopausal women in the workplace. The results from the [“Development and evaluation of online menopause awareness training for line managers in UK organizations”](#) were published in “Maturitas – The European Menopause Journal” and the paper was selected as [“Editor’s Choice”](#).

Institute’s MS expert shares involvement best practice

Professor Roshan das Nair (Professor of Clinical Psychology and Neuropsychology) was invited to speak at a recent MS Society patient and public involvement training day for researchers to share the benefits of patient involvement and how to involve patients and carers affected by MS in research projects.

Associate Editor appointment for Dr Orii McDermott



The prestigious [Nordic Journal of Music Therapy](#) has appointed Dr Orii McDermott (Centre for Dementia) as their newest Associate Editor. Dr McDermott is delighted with her new appointment and said:

“This is a fantastic opportunity to work with an experienced international editorial team, and learn from world-leading music therapy experts. I have been an avid reader of the NJMT my whole career, and more recently one of their peer reviewers, plus we also published our paper with the NJMT - currently [“most read article”](#) of the journal - so I’m delighted to now be joining their panel of Associate Editors.”

Academic advisor appointed to evaluate police interventions

Professor Eddie Kane (Centre for Health and Justice) has been appointed as one of four academic advisers to the National Vulnerability and Violent Crime Programme. This £2 million programme aims to evaluate the impact of

a range of selected policing interventions that focus on serious violence and exploitation of vulnerable adults and children, and improving risk assessment and management.

Kia ora! NIHR MindTech experts host symposium at digital tech conference in New Zealand

A group of researchers from the NIHR MindTech MedTech Co-operative (based at the Institute of Mental Health) hosted an inter-disciplinary symposium at this year's International Society for Research on Internet Interventions 10th Conference (ISRII10) held in Auckland, New Zealand.

The symposium showcased five examples of digital technology interventions developed as part of MindTech's research studies, with a particular focus on how the technology was integrated from the research stage and into clinical practice, with input from multi-disciplinary experts, patients and research participants.



Symposium sessions

- “Implementation of an open-access, self-help online program for child and adolescent anxiety in community contexts”
Presented by: Sonja March
- “Development & Implementation of Virtual Reality Therapy for Psychosis: In Practice and in Parallel” *Presented by: Dr Jennifer Martin*
- “Online Support and Intervention (OSI) for child anxiety: Approach to development and adoption within clinical services and results from initial evaluation” *Presented by: Claire Hill*
- “A therapist-supported behavioural intervention for Tourette Syndrome: Moving from Sweden to the UK and back again”
Presented by: Per Andren & Dr E Bethan Davies
- “Predicting response to antidepressant medication: The PReDicT trial”
Presented by: Dr Sue Brown and Juliana J Petersen

The symposium was chaired by Professor Chris Hollis (lead for NIHR MindTech) and included experts from across Europe, including the NIHR MindTech team. This annual conference brings together international expertise for the scientific study of digital technologies for health, behavioural and mental health benefits.

O.R.B.I.T trial protocol published on BMJ Open

The O.R.B.I.T (Online Remote Behavioural Intervention for Tics) study is currently recruiting participants and has now had its trial protocol published on the BMJ Open journal.

The four-year project is studying new treatments for tics and Tourette syndrome. Previous research has shown that behavioural treatments are as effective as medication for tics and Tourette syndrome. There are new behavioural treatments that are delivered online that could help children and young people with tics and their families. The ORBIT trial is investigating the effectiveness and acceptability of two online treatments.



Click here to read more
www.bmjopen.com



Call for healthcare professionals to take part in interviews for study into wearable devices

Healthcare professionals involved in the care of people with major depressive disorder, epilepsy and multiple sclerosis are being sought to contribute to a study into the potential benefits of wearable and mobile devices.

The [RADAR-CNS project](#) is exploring the potential of wearable and mobile devices (such as health and fitness trackers, smart watches and mobile phones) to develop new ways of monitoring, treating and preventing relapse in multiple sclerosis, epilepsy and depression. Healthcare professionals are needed to take part in phone interviews or to complete an online survey.



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New study investigates social influence on mental health recovery

SHARE (Social, Health and Recovery Experiences) is a new research study that explores social influences (e.g. culture, identity and belonging) on mental health and recovery amongst black, Asian and minority ethnic individuals. This is with a view to learning about different perspectives, challenges and processes associated with mental distress, to improve mental health service provision and bring about organisational change.

The study is based in Nottingham, (although anyone from the East Midlands or wider may wish to join), and is currently looking for volunteers to join small group discussions to capture the lived experiences of individuals who are:

- Aged 18 years or over
- Have experienced mental distress (e.g. have used mental health services previously)
- Identify with being of a BAME backgrounds

Meetings will take place in April and June 2019, and inconvenience allowances will be offered for those attending full meetings.



Click here to read more
www.researchintorecovery.com



Turning up the volume on the families' story

An event is taking place on 29th of March organised by the Collaboration for Leadership in Applied Health Research and Care East Midlands (CLAHRC EM) and Dr Nicola Wright (Institute of Mental Health) focussing on the experiences of family members caring for a person with a learning disability.

If you are a family caregiver, professional carer, policy maker or researcher interested in "turning up the volume" on the narrative of family experiences of living with a child with a learning disability, you are invited to attend the event.

You will be able to share your experiences and participate in interactive workshops, as well as hear from keynote speakers.

The event is free to attend but spaces are limited, so please follow the link below to reserve your place.



Click here to read more
www.clahrc-em.nihr.ac.uk



www.penmendonca.com



3rd - 5th September 2019

www.researchintorecovery.com/RonR19

Refocus on Recovery: Call for abstracts and tickets on sale now

Tickets are now on sale and abstracts accepted for Refocus on Recovery 2019, the largest regular scientific conference on mental health recovery in the world, being held in Nottingham from 3rd-5th September 2019.

The conference brings together researchers and mental health workers from around the world to share innovative research with people on their own recovery journey; focusing on research that helps to find ways of supporting people's personal recovery from mental health problems and encouraging mental health professionals to work in a recovery-orientated way.

The 2019 conference has four themes:

1. *Mental health and human rights*
2. *Supporting recovery through services*
3. *Supporting recovery through communities*
4. *Recovery and power*

Abstracts submissions for poster or oral presentations on any of the conference themes are now being accepted via the conference [website](#) – deadline for submissions is 31st March 2019.

The conference is being organised by the Institute of Mental Health, the University of Nottingham School of Health Sciences, Nottinghamshire Healthcare NHS Foundation Trust, alongside the World Health Organization, ImROC, Making Waves and Mental Health Foundation.

Local, national and international speakers and researchers will take part in a busy two day conference programme. For further details about the speakers and conference programme, please visit: www.researchintorecovery.com

2018 Publication awards now open

The Institute is now accepting entries for our annual Publication Awards, highlighting the best publications of 2018. The awards aim to celebrate and promote the publications produced in the fields of mental health or intellectual disability research by people working within Nottinghamshire Healthcare NHS Foundation Trust, The University of Nottingham or affiliated to the Institute of Mental Health.

The award categories are as follows:

- | | |
|---|--|
| <ul style="list-style-type: none">A. Best overall publicationB. Best publication when the author has no more than 6 previous publicationsC. Best publication flowing from work during doctoral studies or as part of a doctoral dissertationD. Best publication by an employee of Nottinghamshire Healthcare NHS Foundation Trust who does not have a substantive contract with a university | <ul style="list-style-type: none">E. Best publication co-authored with a person with lived experience of mental distress or a current or former user of mental health servicesF. Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services. |
|---|--|

Each award carries a prize value of £100*.

(*award to be used on a research related item of the winner's choice)



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Top cited article for 2017-18

The MindTech team's systematic review of digital health interventions for children and young people with mental health problems was the top cited article in The Journal of Child Psychology and Psychiatry for 2017-18. The review evaluated the evidence base for digital health interventions and explored the key research questions, practice and evaluation recommendations.



Click here to read more
onlinelibrary.wiley.com

2019 Summer exhibition: Call for artwork inspired by mental health experiences

City Arts and the Institute of Mental Health are looking for submissions of artwork inspired by mental illness, or created by artists living with mental health problems.

For our 2019 open summer exhibition we are asking artists to respond to the theme *"Uncertainty and the Unknown"*.

Gary Winship, one of the Institute's arts programmers, explains the ideas behind the theme:

“ *There is an old saying: ‘may you live in interesting times’. There is no doubt that we are living in interesting times, but this can bring with it great uncertainty and anxiety. For some people the unknown can feel like a threshold of terror, especially if you live with the challenge of mental health distress. Artists can offer essential reflections on the world around us. They can take our fears about the unknown and show us the possibility of hope. We’d like to see how you address uncertainty and the unknown in your work.* **”**

Submission Information

To submit work complete our [online application form](https://www.institutemh.org.uk/online-application-form) and upload good quality images of your artwork no later than 3rd May 2019. Only 2D artworks will be selected for the exhibition. Artists can submit up to two artworks each.



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NEON programme moves into second phase

New participants are being invited to join the second phase of the NEON programme to help researchers understand how recovery narratives (personal stories of mental health problems and recovery) can be of benefit to people with mental health problems.

NEON (Narrative Experiences Online) is a large-scale research study running from 2017-2022, and is seeking to recruit participants who are current users of any mental health services and mental health workers to help design and trial a clinical intervention built around recovery narratives.

As well as researching the impact the collections of stories has on people who are currently users

of any mental health service, the research study team are also looking to recruit mental health workers to take part in focus groups to discuss how they think the NEON intervention could fit into their services.

To find out more about getting involved in this research please email Lead Research Delivery Nurse - Jo Higman research@nottshc.nhs.uk or text/call: 07920453729

(The study was approved by Nottinghamshire Healthcare NHS Foundation Trust in May 2018, and is funded by the NIHR, as part of their Programme Grants for Applied Research stream of funding.)



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for Psychoanalytic Psychotherapies). Dr Winship's speech looked at the contribution of psychoanalysis from radical schooling to the war time experiments in therapeutic communities working with traumatised soldiers. The talks contributed to a lively debate about the way in which psychoanalysis has shaped the field of psychiatry and mental health in Russia.

Dr Winship plans to develop areas of shared interest towards building collaborative research and working on joint publications.

If colleagues are interested in exploring areas of joint interest with Russian colleagues in the areas of psychological therapies, mental health and young people (including work with young persistent fire setters and developing psychoeducation programmes), curriculum development for recovery facing psychiatry trainees, therapeutic communities for addictions (including dual diagnosis), the advancement of psychologically informed secure and forensic mental health environments and shared humanities agenda for the arts in mental health, *please get in touch by email for more information: gary.winship@nottingham.ac.uk*

New links with Russian psychiatry academics

Last year, Dr Gary Winship (Associate Professor/ Course Leader, MA Trauma Studies, School of Education, University of Nottingham) was made a visiting Professor at the University Reaviz, Moscow and was invited to deliver an inaugural lecture to students and professorial colleagues.

His lecture focused on: Orthopedagogy and the challenge of Mental Health in Schools (the theme of Dr Winship's 2018 published book). The lecture was timely and took place in the days just after the tragic events of Russian annexed Crimea, where a high school student shot and killed 19 other students, and wounding many others before killing himself.

The students and colleagues were deeply interested by the similarity of many of the concerns about young people's mental health.

Dr Winship was also invited to present a keynote speech at the prestigious Russian State University for the humanities (<http://rggu.com>) delivering his talk in the lecture theatre where Vygotsky did his teaching. The conference was the 4th conference "Psychiatry and psychoanalysis: Clinical dialogues".

Also speaking at the conference were Professor Sergey Babin (head of Psychotherapy department in Saint Petersburg University) and Tatiana Miziniva (Head of Russian branch of European Confederation



Events

Mental Disability Law Conference: Call for abstracts

The 4th postgraduate and early career research seminar, an annual partner to the bi-annual Mental Disability Law Conference is a showcase to 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.

This year's research seminar day will be held on the **3rd June at the Institute of Mental Health**. We welcome abstract submissions on any topics related to the study of mental disability law, including evaluations of domestic law and practice, international jurisprudence, empirical studies and theoretical work.

If you are interested in participating in this event, please contact:

Amanda Keeling (a.keeling@leeds.ac.uk) or
Grace Carter (Grace.Carter@nottingham.ac.uk)

*with an abstract of up to 250 words
by Wednesday 1st May.*

Music Care Training at the University of Nottingham

Level 1: 13-14th March and 29-30th May 2019 at the University of Nottingham in partnership with Room 217.

Limited places are available for this two-day course held at the University of Nottingham. Music Care Training is suitable for healthcare providers, family and volunteer caregivers, musicians, teachers and any other community members who would like to learn how to care using music.

For more information and to register, visit the [online store](#) or contact: cpd@nottingham.ac.uk

26 MAR
2019

"Workfare Conditionality and Benefits Terrorism - a Kill or Cure Alembic?"

A new seminar programme for the Centre for Mental Health and Human Rights is launching this year. The next event will discuss how government workfare versus welfare programmes within a climate of manufactured austerity, raise important ethical and human rights issues and threaten mental wellbeing and mortality. [Free to attend](#)

**10am to 3pm,
Institute of Mental Health, Nottingham**



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21 MAY
2019

Institute of Mental Health: Annual Research Day

The Institute of Mental Health (IMH) will be hosting its 7th Annual Research Day to highlight the work of the Institute's doctoral candidates, Managed Innovation Networks (MINs), and early-career researchers (including research assistants, research fellows, and research-active clinicians and service users).



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26 JUN
2019

CANDAL Conference

Save the date for the 2019 Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL) conference. The event is [free to attend](#) and registration will open soon.

29 MAR
2019

"Turning up the volume on the families story"

An event organised by the Collaboration for Leadership in Applied Health Research and Care East Midlands (CLAHRC EM) focussing on the experiences of family members caring for a person with a learning disability.

**10am to 3pm,
Institute of Mental Health, Nottingham**



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3-5 SEP
2019

Refocus on Recovery conference

The largest regular scientific conference on mental health recovery in the world brings together researchers and mental health workers to share innovative research with people on their own recovery journey. Abstracts are now being accepted for oral and poster presentations and early bird tickets are now on sale.



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