

In the news...



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

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

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

Study shows hormone therapy not associated with increased risk of dementia

New research, led by experts at the University of Nottingham, and the Institute of Mental Health, shows that the use of menopausal hormone therapy (MHT – also known as hormone replacement therapy, HRT) is not linked to an increased risk of developing dementia.

The study, which was led by Dr Yana Vinogradova from the School of Medicine and co-authored by Professor Tom Dening of our Centre for Dementia, was published in the BMJ and attracted significant press coverage. It provides the most comprehensive and reliable risk estimates to date, and the findings should reassure women in need of MHT.

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- MindTech 2021 Symposium opens registration
- NHS staff stories from 'Your Path in Research'
- Trent Study Day 2021 confirmed online event
- STADIA study reaches recruitment target
- EAGP & AAGP international symposium announced

Welcome

Our **November newsletter** shares updates and achievements from across the Institute of Mental Health and showcases the best in mental health research.

Professor Martin Orrell
Director, The Institute of Mental Health



How did you first begin your research career?

That's a question we've been asking lots of our colleagues over the past few weeks as we've found out more about the individual stories and unique and personal circumstances that have led NHS staff to explore what research has to offer.

Some people took inspiration from mentors, some channelled curiosity which had grown during years of clinical practice, some simply found themselves drawn in by the virtue of their skills set yet found the experience to be truly rewarding.

Highlighting the many ways that a research career can develop is at the heart of the NIHR's Your Path in Research campaign and we were keen to be part of it. It is critically important that we share these stories so we can inspire the next

generation of NHS staff to become research active. My thanks go to all the staff who took part, all their stories are available to read on the Institute's blog.

There is plenty more to read about our latest research activities in this edition of our newsletter, I hope you will share it with your colleagues and help us inspire more people to take their first steps into research.

Stay safe and well.

Please visit our website or follow us on Twitter @InstituteMH for all our latest news and updates.

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Study shows hormone therapy not associated with increased risk of dementia

The large UK study, based on clinical records over many years of women representative of the general population, has shown that this is true regardless of hormone type, dose, or duration of use.

MHT relieves symptoms such as hot flushes, sleep disturbance, mood swings, memory loss and depression experienced by many women during menopause. Some symptoms are similar to early signs of developing dementia, and results from laboratory studies and small trials have suggested a possible beneficial link between oestrogen and age-related brain decline.

Researchers at the Universities of Nottingham, Oxford and Southampton designed a study using two of the largest primary care databases in the UK (QResearch and CPRD). This allowed the investigators to explore in detail the dementia outcomes for women using any of the MHT treatments commonly-prescribed within the NHS over a long period.

The researchers said *"This study provides the most detailed estimates of risk for individual treatments, and results are in line with existing concerns in guidelines about long term exposures to combined hormone therapy treatments."*

More information is available from Dr Yana Vinogradova in the School of Medicine at the University of Nottingham at yana.vinogradova@nottingham.ac.uk



Read more about the study here:
www.institutemh.org.uk

ECR appointment

Dr Emma Broome from the Centre of Dementia has been appointed as the Early Career Researcher representative for the NIHR CRN Dementia National Specialty Group. **Well done Emma!**

World Alzheimer's Report commentary

Director of our Centre for Dementia, Professor Tom Dening addressed old-age psychiatrists nationwide, at a meeting chaired by Professor Alistair Burns of NHS England. He's shared his thoughts on the recently published [World Alzheimer's Report](#) and you can now read his [new blog](#) about the report on our website.

Professor Jon Arcelus to retire

After five years as part of the Institute of Mental Health, Professor Jon Arcelus will be retiring at the end of December 2021, but will keep an Emeritus position at the University of Nottingham and continue collaborating with Nottinghamshire Healthcare NHS Foundation Trust. In a short time Jon has achieved a huge amount to pioneer and develop the field of transgender mental health research. Working with so many people from across the Institute, academia, NHS and the LGBTQI+ community, we will be publishing a special review of Jon's work in our next newsletter. We wish Jon all the very best for the future.



New research funding to develop online brain injury rehabilitation programme



A new NIHR Research for Patient Benefit (RfPB) grant of £150,000 has been awarded to Prof Roshan das Nair (Institute of Mental Health, University of Nottingham) and Dr Kimberley Fletcher (University of Nottingham and Midlands Partnership NHS Foundation Trust), to design a new online intervention to improve neuropsychological rehabilitation services available to people living with Acquired Brain Injury (ABI).

ABIs a type of brain injury caused by medical conditions (e.g., stroke) or injuries (e.g., traffic accidents). In the UK, 1.4 million people live with the consequences of ABI, which can

be life-long, costing the economy £15 billion annually (10% of the NHS annual budget). This study will address emotional and/or thinking skills problems experienced by approximately 20% of ABI survivors.

Online group-based neuropsychology rehabilitation programmes may provide a solution that can fit around busy lives (e.g. for ABI survivors who work), group people according to shared experiences (e.g., young people with ABI), or overcome issues of physical contact (e.g., those shielding). Beginning in March 2022, this study will design an online programme to improve psychological wellbeing for ABI survivors, and to test whether it is acceptable to patients, and feasible to deliver within the NHS.

New podcast explores the hidden world of home care for people with dementia



A new podcast drama, based on research led by experts from the University of Nottingham and Institute of Mental Health, explores the complex relationship between home carers and people with dementia.

Silva Lining's Care Plan is a moving podcast drama based on the original diaries of paid carers of people with dementia, giving a real insight into the hidden world of home care and the relationships between carer and the cared-for.

The podcast launched on 21st September 2021. It features well-known actor and disability activist Melissa Johns (*Life*, *Celebrity Masterchef*), comedian and humanitarian Shappi Khorsandi, actress Marlene Sidaway (*Coronation Street*, *Mum*) and Cyril Nri (*This Life*, *Star Wars: Episode IX - The Rise of Skywalker*) as well as 'cellist Sarah Moody (*The Devil's Violin*).

The unique and highly topical podcast is the creation of Elspeth Penny, a writer and director of 2BU Productions, who has based the production on the research of Professor Justine Schneider, of the Institute's Centre for Dementia.

The drama began its life as a theatrical play, based on Professor Schneider's research into the world of home carers, performed in various theatres in 2018. During the pandemic, in a bid to take the play in a new direction, and taking into account social distancing and Covid-19 risks, Elspeth developed the work further and turned it into this heart-warming podcast drama, thanks to funding from Arts Council England.

The podcast, which was recorded entirely during lockdown, deals movingly and sensitively with this highly-charged subject. It is about what it means to be human and to care, and is informed throughout by the personal experience of professional carers of people with dementia.



Find out more here:
www.institutemh.org.uk

More information is available from Elspeth Penny at 2BU Productions at elspeth@2buproductions.co.uk; or Professor Justine Schneider from the Institute of Mental Health at the University of Nottingham at justine.schneider@nottingham.ac.uk



Cast member and "Brain" from the original theatrical production of "Silva Lining's Care Plan"

Latest paper published from Notts Healthcare sponsored study into prisoner health

Between 2017 and 2019, colleagues from the Research Delivery Team carried out NHS Health Checks on East Midlands prisoners, for the Trust sponsored study 'Describing patterns of cardiovascular disease risk profiles in prisons'.

Led by Chief Investigator Professor Chris Packham with Dr Adarsh Kaul, and Professor Richard Morriss, mental health lead for the East Midlands Applied Research Collaboration (ARC), the team worked with the Leicester Diabetes Centre to recruit 1205 prisoners across six prisons in the region.

Initial findings were published in the BMJ, suggesting that in some prisons, risk of cardiovascular disease was high, along with rates of anxiety and depression.

In the latest paper, published recently in BMC Psychiatry, the team explored the use of conventional screening tools the GAD-7 and PHQ-9 in the prison population.

Of the findings, Professor Richard Morriss says:



"We showed that cases of depression and anxiety were over-diagnosed in male prisoners over the age of 35 years using conventional cut-off points for self-rated questionnaires on depression and anxiety. However, prisoners were willing to complete them.

We also showed that the over-diagnosis could be reduced using a number of different approaches. Further research is required to establish which of these approaches provides the best trade-off between over-diagnosing cases of depression and anxiety and missing too many cases"

To read more about the Research Delivery Team's current studies, visit their pages on the Institute of Mental Health Website.

This project was led by members of the Forensic Research Nottingham Group, find out more about this new network.

NHS CHECK

The NHS CHECK survey has re-opened to new participants! Almost 2,500 Notts Healthcare staff, students and volunteers have already taken part.

If you haven't yet completed the confidential NHS CHECK study, this is your chance to be heard in the UK's largest survey of the mental health and wellbeing of ALL NHS staff. It will only take 10-15 minutes to do.

If you have already taken part, thank you so much for your input to date, and please keep an eye out for the follow-up survey in your inbox.

You can see what impact the survey is having, on our How It's Helping page on the NHS CHECK website.



Take part here:
www.nhscheck.org



SoFu research features in AHRC blog

In a blog written for World Mental Health Day, Executive Chair of the Arts and Humanities Research Council (AHRC), Christopher Smith, talked of the importance of mental health research in tackling the challenge of mental health and suicide.

In it, he highlighted the Centre for Social Future's (SoFU) recent collaboration with Aardman for the *What's Up With Everyone* project, which he describes as 'hugely successful'.

Christopher also mentions the *Boundless Creativity* report, which Centre director, Professor Paul Crawford contributed to. The report highlights the value of art and culture for our mental wellbeing.



Read the blog here:
www.ukri.org

Your Path in Research

Throughout October, the **National Institute for Health Research (NIHR)** encouraged health and care professionals to think about the first or next steps in their research journey.

Your Path in Research highlighted the opportunities available and provided colleagues with the tools and information needed to develop their research career.

Nottinghamshire Healthcare NHS Foundation Trust has a proud history of supporting clinical research, including national, local, clinical, and academic studies. On our blog, we've been showcasing Trust colleagues who have taken different paths in research, demonstrating the different journeys each has taken.

Read their stories over on the Institute's blog and our thanks go to all the staff who shared their experiences.



MindTech colleagues appointed Senior Research Fellows

Congratulations to our MindTech colleagues, Dr Bethan Davies and Dr Sue Brown who have both been appointed Senior Research Fellow at the University of Nottingham.

Sue has a background in medical sociology and has a special interest in the implementation of new technologies in healthcare. She spent five years as PPI lead, and has contributed to multiple projects including the recently published ORBIT Trial.

Bethan works in projects relating to evaluating digital technologies for children and young people's mental health. With a background in health psychology, Bethan has taken a lead role evaluating online interventions for young people with Tourettes and tic disorders.

Their promotion to Senior Research Fellow is well deserved, and a testament to their dedication to healthcare research and the communities they work alongside.

Our congratulations also go to Fiona Ng of the Recovery Research Team who has been promoted to Research Fellow, and Boliang Guo of ARC-EM who has been promoted to Associate Professor. Well done to all!

Book your place for MindTech2021



We are delighted to announce that tickets are now on sale for the NIHR MindTech 2021 Mental Health Technology Symposium. It will take place virtually on Thursday 9th December 2021.

This will be the 9th National Symposium on Technology in Mental Health organised by the NIHR MindTech MedTech Co-operative.

As we emerge from the Covid pandemic, MindTech2021 reflects on the enormous impact it's had on the healthcare system and the mental health of the NHS workforce.

Professor Richard Morriss will begin by bringing together national leaders, including Professor Simon Wessely and colleagues from Kings College London, to share the latest data on the mental health impact of the pandemic on health care workers.

Covid-19 presented significant challenges for maintaining patient and public involvement (PPI) in mental health research, as we moved online and away from face-to-face interactions. Our MindTech Involvement Team will share the challenges and

opportunities of 'online PPI', how to overcome digital exclusion, and consider what lessons can be learned.

Realising the potential of digital therapies to widen access to evidence-based treatments is a key ambition of MindTech and has been made even more relevant in the context of Covid-19. In the afternoon, Professor Chris Hollis and the ORBIT team will present the results of the Online Remote Behavioural Intervention in Tics (ORBIT) study.

Register now for this year's event and receive the event links.

Call for posters: information and how to submit an abstract can be found [here](#) the last day for submissions is Wednesday 10th November 2021.

@NIHR_MindTech
#MindTech2021



Register here:
www.mindtech.org.uk

STADIA success: Trial smashes recruitment target

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

Recruitment to the STADIA trial commenced in September 2019 and, despite Covid, remained open to recruitment throughout. The trial operated in NHS Trusts in Nottinghamshire, Greater Manchester (Pennine), Cambridgeshire and Peterborough, Berkshire, Central and North West London, subsequently expanding to Gloucestershire, Surrey, and Rotherham Doncaster and South Humber. All participating sites contributed to the **recent completion of the project's recruitment target of 1210 participants!**

The study is led by Chief Investigator and Nottinghamshire Healthcare NHS Foundation Trust Consultant Psychiatrist Professor Kapil Sayal, who is based at Hopewood and the Institute of Mental Health, along with local lead Research Delivery Psychologist Paula Brown, and supported by the Nottingham Clinical Trials Unit and the Research Delivery Team.

STADIA is investigating whether the use of an additional assessment tool (the DAWBA – Development and Wellbeing Assessment), as an aid to usual clinical support, helps with the identification of emotional disorders and the referral process. Throughout the trial, the team have been guided by Patient and Public Involvement (PPI) Advisory Panels, one for young people and one for parents.

The study now moves into the follow-up stage of the work, with all participants being followed up for a minimum of 12 months to assess how they have got on, and the impact on the clinical care they have received. Qualitative interviews will also be taking place with young people, parents, clinicians, service leads/managers and commissioners.

“Well done for the hard work over this testing time; a great achievement”

- a member of the STADIA Parent/Carer PPI group

“A massive thank you to everyone who is taking part in and supporting STADIA; your contributions and ongoing support are vitally important for the success of the study and will make a huge difference to improving knowledge and clinical care going forwards. We hope this research will help children and young people experiencing emotional difficulties, and their families, by supporting them and their clinicians during the assessment processes in CAMHS. Through STADIA, a better joint understanding about the difficulties being experienced should hopefully enable the right care and support to be offered.”

- Professor Kapil Sayal, Chief Investigator & Consultant Child and Adolescent Psychiatrist

“It's been so rewarding to be part of such a large research project that's continued throughout the pandemic”

- a member of the STADIA Youth Lab PPI group

Publications round-up

- A new paper from members of the Centre for Social Futures (SoFU) reveals the complex and challenging social life inside in-patient mental health wards. Published in *Frontiers in Psychology*, their research is presented in the context of Covid-19, when many of us found ourselves confined to our homes, with limited social contact. Much has been discussed about the negative impact this can have on our mental wellbeing, so this is a timely investigation, exploring the day-to-day challenges and social disconnection for those who are restricted to mental health units for lengthy periods.



Read the article in full here:
www.frontiersin.org

- Our colleagues at the University of Nottingham, including Dr Elvira Perez (MindTech), have published early findings from their research into the adoption of the NHS Test and Trace app.



Read the paper in full here:
www.jmir.org

- Congratulations to the Recovery Research Team on their latest publication in the Journal of the American Heart Association, where they demonstrate the value of recovery narratives beyond mental health.



Read the article in full here:
www.researchintorecovery.com

- **Cochrane Review of Memory Rehabilitation in Multiple Sclerosis:** A new Cochrane Review has been published led by PhD student, Lauren Taylor. This is the largest update of this review, combining data from 44 studies involving 2714 participants, which has shown that memory rehabilitation is beneficial and meaningful to people with MS.



Read the article in full here:
www.cochranelibrary.com

- **Systematic review success for medical student:** Supervised by Musa Sami (Clinical Academic) for their BMedSci Project, fourth year medical student Ka Yee Chow (Apple) produced a highly successful systematic review on the theme of “Anticonvulsants and Antipsychotics in treating Anxiety and Depressive symptoms in people with Alcohol Use Disorder”.

The inspiration behind the project came from the high instances of anxiety and depressive symptoms in people with alcohol use disorder (AUD) and they are associated with worse outcomes. Most of the current interventions to treat mood symptoms in people with AUD have shown limited benefits to date and the efficacy of anticonvulsants and antipsychotics for anxiety and depressive symptoms in people with AUD have been studied, but never previously systematically reviewed.

The completed systematic review was presented at the Royal College of Psychiatrists International Congress this summer, plus Apple presented a poster and oral presentation having won the best research category at the Nottinghamshire Healthcare NHS Foundation Trust Annual Medical Education Conference in October.

New TMS machine for MS Research Group

The Multiple Sclerosis Research Group, hosted by the Institute of Mental Health, have received a brand new Magstim transcranial magnetic stimulation (TMS machine), ready to launch their TMS4MS study.

Multiple Sclerosis (MS) affects around 130,000 people in the UK, and it is the most common cause of physical disability among working-age adults. Cognitive impairment affects 40-70% of people with MS which can adversely impact participation in employment, activities of daily living, social interaction, and the individual's potential to benefit from rehabilitation. However, there are currently no effective treatments for cognitive impairment in people with MS.

The **TMS4MS** study - *A feasibility trial of Neuromodulation with Connectivity-Guided Intermittent Theta Burst Stimulation (iTBS) for cognitive Impairment in multiple sclerosis* - will test the feasibility, acceptability, and tolerability of applying iTBS as a treatment for cognitive impairment in MS. Over the next few months, researchers and clinicians from Nottingham University Hospital,

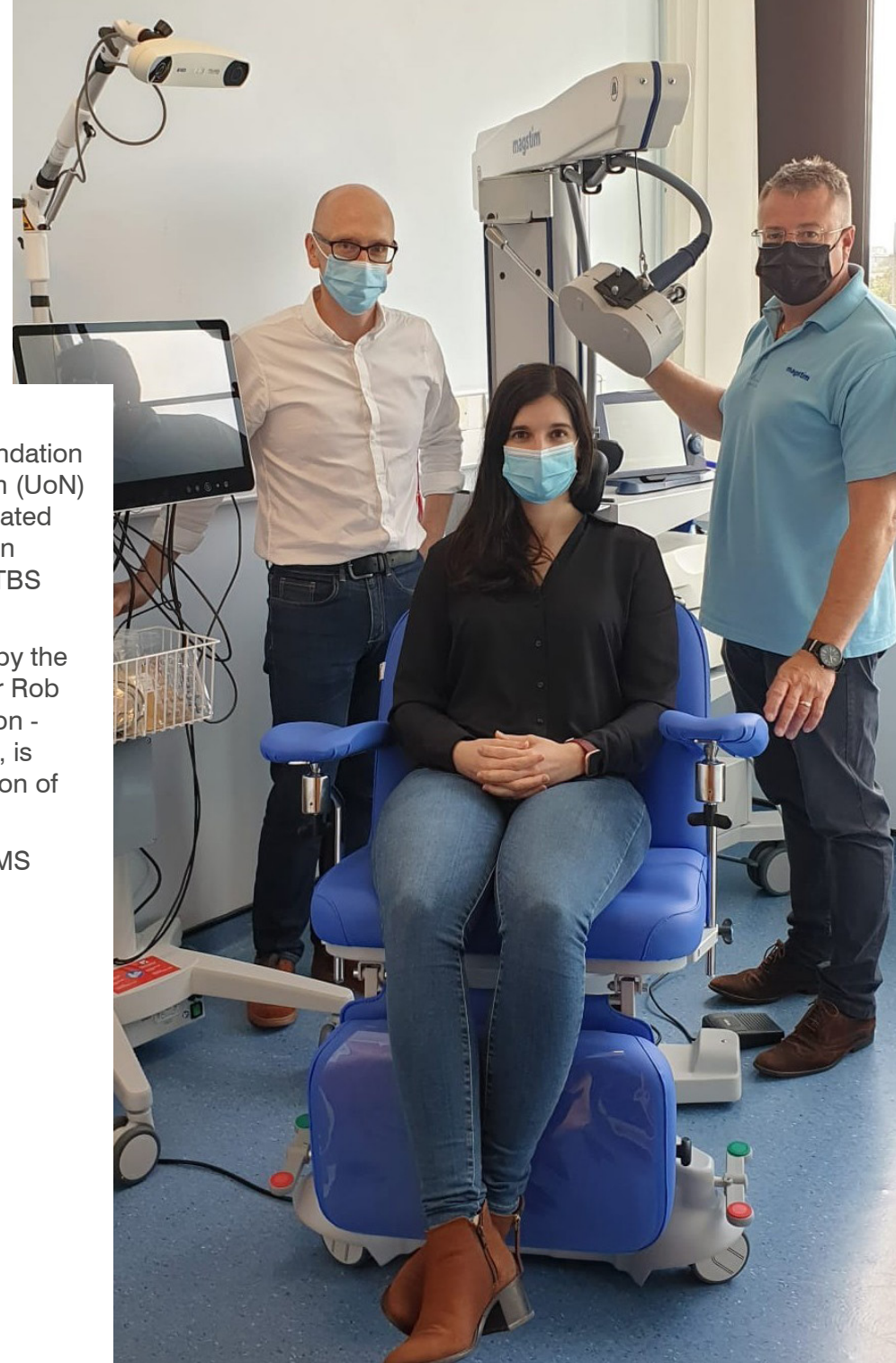
Nottinghamshire Healthcare NHS Foundation Trust, and the University of Nottingham (UoN) will recruit 40 people living with MS-related cognitive impairment for participating in cognitive testing, brain imaging, and iTBS intervention.

The TMS4MS study has been funded by the UK MS Society and is led by Professor Rob Dineen. The study, approved by London - Stanmore Research Ethics Committee, is hosted by the Precision Imaging Beacon of Excellence at UoN.

For more information about the TMS4MS Team follow the link below or contact: TMS4MS@nottingham.ac.uk



Find out more:
www.institutemh.org.uk



Events



Centre for Dementia seminar series:
**“Implementing and sustaining
change in care homes”**

**Speaker: Dr Reena Devi, School of Healthcare,
University of Leeds**

Reena Devi is a Senior Research Fellow working in care home related research at the University of Leeds. Reena is currently studying care home workforce related issues, and the implementation of evidence into practice in the care home setting.

11.30am - 12.30pm

Online via Microsoft Teams

(you must register to receive the invitation)



Register online here:

www.institutemh.org.uk



Trent Study Day 2021: Restrictive interventions in secure mental health settings

Our annual forensic mental health conference returns this year, in partnership with Nottinghamshire Healthcare NHS Foundation Trust.

Limited free places for Nottinghamshire Healthcare NHS Trust staff.

£60 for all other attendees (includes access to full event recording).

Abstract submissions close at 9am Tuesday 9th November

Registration closes at 9am Wednesday 17th November

The conference is aimed at professionals working in the field of forensic mental health and the criminal justice system including clinicians, managers, commissioners, and others.

Confirmed speakers include:

- Matt Kinton, National Mental Health Act Policy Advisor, Care Quality Commission (CQC)
- Dr Pratish Thakker, Consultant Forensic Psychiatrist, Rampton Hospital
- David Jones, Nurse Consultant for Violence Reduction, Nottinghamshire Healthcare
- Dr Rebecca O'Donovan, Consultant Forensic Psychiatrist, WEMS service, Arnold Lodge
- Georgina Vince, LTHSE Specialist Pathways Progression Lead, HMPPS

9.00am - 15.30pm

Now being held on MS Teams



View the programme here:

www.institutemh.org.uk



Register online:

www.institutemh.org.uk

Events

24 NOV
2021

The neurobiology of psychosis and schizophrenia

Speakers include:

- Professor Dost Ongur, Harvard University & Editor JAMA Psychiatry
- Professor Lena Palaniyappan, University of Western Ontario
- Professor Belinda Lennox, University of Oxford
- Professor Irwin Feinberg, University of California, Davis
- Professor Peter Liddle and Professor Kevin Fone, University of Nottingham

The full programme can be viewed [here](#).

This seminar, held by the Institute of Mental Health, at the University of Nottingham will bring together key leaders in the field of neurobiology of psychotic disorders and schizophrenia to discuss the current state of the art understanding and what remains to be discovered.

This seminar will be of interest to psychiatrists, psychologists, neuroscientists and researchers in the field.

£45.00 Full price

£35.00 Psychiatric trainees

£25.00 Students (PhD, MSc, undergraduate)

All ticket prices include access to the video recording of the event which will only be available to registered delegates

1:00pm - 5:00pm

Online via Microsoft Teams



Register online now:
www.gigantic.com



Find out more:
www.institutemh.org.uk

7 DEC
2021

International symposium: **Addictions in older people**

Presented by European Association of Geriatric Psychiatry & American Association for Geriatric Psychiatry

We are delighted to announce that the Institute of Mental Health will host “*Addictions in older people*”, a strategic international conference in partnership with the European Association of Geriatric Psychiatry (EAGP) and American Association for Geriatric Psychiatry (AAGP).

Programme and speakers’ biographies can be found [here](#).

£60.00 EAGP and AAGP members

£75.00 all non-members

Ticket price includes online access to the recorded sessions for six weeks after the event only available for registered attendees

2:00pm - 6:25pm (GMT)

Online via Microsoft Teams



Register online now:
www.institutemh.org.uk

9 DEC
2021

MindTech Symposium 2021

This will be the 9th National Symposium on Technology in Mental Health organised by the NIHR MindTech MedTech Co-operative.

A virtual symposium bringing together highlights from MindTech’s research from the past year, alongside speakers and innovative projects from the world of digital technology and mental health.

As we emerge from the Covid pandemic, MindTech2021 reflects on the enormous impact it’s had on the healthcare system and the mental health of the NHS workforce.

Call for posters: information and how to submit an abstract can be found [here](#), the last day for submissions is Wednesday 10th November 2021.



Register online here:
www.mindtech.org.uk