

# Research Newsletter

Issue 3, 2023 (September)



## Foreword by Saddam Shaheen, Research Operations Manager

Clinical research is important for advancements in medical care, improved outcomes for patients and even prevention of disease. The benefits of clinical research have been displayed most clearly during the COVID-19 pandemic. As a result, there has been increased investment from the Government to support clinical research in the UK and delivery of research has been incorporated into CQC reviews.

Evidence suggests that patients have better clinical outcomes (including lower mortality and reduced length of hospital stay) at Trusts which are research active, even for patients who are not directly enrolled in clinical research studies themselves. This is because research attracts and retains highly skilled staff, promotes innovation leading to clinical advancements, as well as generating income and cost savings for the Trust.

Despite facing national challenges in managing treatment backlogs and growing waiting lists post-COVID, which has caused a strain we have been successful in increasing research activity—capitalising on our clinical expertise in mental health services and established regional collaborations to recruit 925 patients into 13 clinical research studies, in the current financial year. This presents an era of great opportunities to expand our research capacity and capability and address unmet needs in our communities.

Having recently joined the Trust, I'm excited by the potential we have to further expand our research portfolio in therapeutic areas which meet

the healthcare needs of our patients. It is imperative that we build upon our established and newly developed expertise and develop world-class research services to attract and retain high-performing research staff. This will support us in achieving our over-arching goal of making research accessible to all patients in our community, therefore improving the health and wealth of our community and beyond.

## 7th Annual Trust Research Conference, 22 May 2024

This is always popular, so early booking is recommended via this link:

<https://www.trybooking.co.uk/46666>

Our 2024 conference will be held as a blended event; at the Mercure Grange Park Hotel as well as being streamed live online. 'In-person' places are limited, so please book early.

It will include a wide variety of research presentations; dementia, mental health, addictions, primary care, community, implementation research, artificial intelligence, novel interventions and so much more. Also a chance to hear from those who have taken part in research and how it has changed their lives.

This is a free conference and anyone is welcome to attend; Trust staff, commissioners, GPs, social services, students, trainees, academics, voluntary organisations, Clinical Research Network partners, media, those accessing Trust services and other stakeholders.

## Some of our current studies

### CONTACT-GAD

Do you know anyone aged 60+ who has difficulties with worrying?

The CONTACT-GAD research study aims to reduce anxiety in people with chronic worry that have not responded to treatment.

We are looking at whether a new form of talking therapy called 'Acceptance and Commitment Therapy' makes a difference. This type of therapy helps people learn how to live as best a life as they can with chronic worry. It helps them to do things that are important and matter to them, alongside any worries or concerns they may have.

Please contact us for further information.

## Findings

ASPECT (Alleviating Specific Phobias Experienced by Children Trial), a study our CAMHS team were involved in to see if a new one-session treatment is as effective as multi-session therapy for young people with phobias.

Access the findings here: <https://evidence.nihr.ac.uk/alert/one-session-cbt-treatment-effective-for-young-people-with-phobias/>

## Findings from 10 years of the IDEAL dementia programme

IDEAL: Improving the experience of Dementia and Enhancing Active Life, a study which our Trust took part in, is holding a dissemination event on Wed 6 Dec, 10:00-12:00. Book your free place here:

<https://www.eventbrite.co.uk/e/684642252407>

## Research in our Community



Lisa, Karon and John had a great day at the Peel Street Project Community Health Fair in August. They really enjoyed being out in our community and spreading the word about research.



## Successful Treatment of Paranoia

Paranoia can be one of the most disabling psychological experiences. It can cause distress, other mental health problems, and problems in work, family, and social situations.

The purpose of the STOP study is to investigate the effects of a mobile phone app to help people manage feelings of paranoia in a way that is less distressing and disruptive to their lives.

A previous study using a similar treatment delivered on a desktop computer has shown promising results, and participants told us that taking part was a positive experience.

## Eating Disorders Genetics Initiative (EDGI)

This study is exploring risk factors in people who have experienced eating disorders, including anorexia nervosa, bulimia nervosa, binge-eating disorder or any other eating disorder at any time in their lives.

It aims to better understand the genetic and environmental links to eating disorders in order to improve treatments for current and future patients.



Follow us on Twitter @ResearchHumber

## We need your help please

### Staff and Service User Views on Digital Health Tools in Psychosis: A Survey Study



This research study aims to provide up-to-date information on digital inclusion rates around the UK in order to explore whether people with severe mental health issues are being left behind as a result of digital adoption.

The study will also explore NHS staff views about how digital health tools can be implemented into service delivery. Closing the 'digital divide' is key, and it is unclear whether this divide continues in people with severe mental health issues.

We are looking for staff who work with people with severe mental health issues, as well as service users. Participants will be asked to complete a 25 min questionnaire (option to self-complete, or complete with the support of a researcher).

Please contact us for further details.

## Yorkshire & Humber CRN Awards

Claire Marshall (Specialist Perinatal Mental Health) awarded 'Highly Commended' in the 'Early Career Researcher' category, along with Karon Foster (Research Team) in the 'Best Patient Experience' category.

Heidi Fewings (0-19 Hull team) along with other colleagues across the region as part of the 0-19 Research Network, won the award for 'Best Contribution in a Non-NHS Setting'.



Photo: Lisa, Clive, Haley and Angela who attended the ceremony in Leeds on the 13th July.

## Congratulations



Our research team would like to congratulate Dr Soraya Mayet on her appointment as Honorary Reader at the Hull York Medical School. Soraya is actively involved in and a great advocate for research in our Trust.

## Recent Publications involving our Trust

Wenborn J, Mountain G, Moniz-Cook E, Poland F, King M, Omar R, **Hart C**, et al.



Community Occupational Therapy in Dementia intervention for people with mild to moderate dementia and their family carers in the UK: the VALID research programme including RCT. *Programme Grants Appl Res* 2023;11(5). <https://doi.org/10.3310/RGTJ7429>

**Marshall, C.**, Jones, C., Burt, K., Lappin, V., Martin, C., Jomeen, J. & Webb, A. (2023), Practitioner perspectives on the use of selected fear of childbirth screening tools within a clinical context, *Journal of Reproductive and Infant Psychology* DOI: [10.1080/02646838.2023.2243286](https://doi.org/10.1080/02646838.2023.2243286)

Tiba AI, Trip S, Bora CH, Drugas M, Borz F, Miclaus DC, **Voss L**, Iova SC and Pop S (2023), Positive irrational beliefs are associated with hypomanic personality. *Front. Psychol.* 14:1053486. doi: 10.3389/fpsyg.2023.1053486

Tiba A, Drugaș M, Sârbu I, Simona T, Bora C, Miclăuș D, **Voss L**, et al. (2023) T-RAC: Study protocol of a randomised clinical trial for assessing the acceptability and preliminary efficacy of adding an exergame-augmented dynamic imagery intervention to the behavioural activation treatment of depression. *PLoS ONE* 18(7): e0288910. <https://doi.org/10.1371/journal.pone.0288910>

Rammou A, Berry C, Fowler D and Hayward M (2023) "Attitudes to voices": a survey exploring the factors influencing clinicians' intention to assess distressing voices and attitudes towards working with young people who hear voices. *Front. Psychol.* 14:1167869. doi: 10.3389/fpsyg.2023.1167869

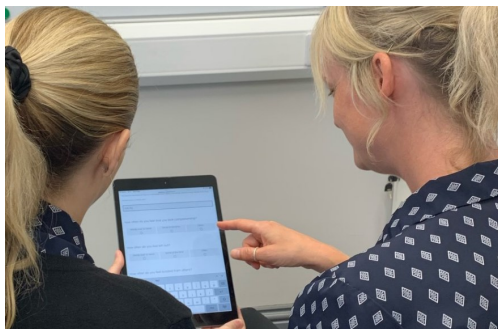
## Research in Primary Care

Primary Care staff working in our Trust GP practices are joining a local campaign to raise awareness about research.

This means patients are regularly offered the opportunity to take part in studies which might help them and others as new findings are uncovered.

Patients are given the chance to take part in high quality research projects led by some of the top UK universities and research teams. All participation is voluntary.

Current studies are looking into issues such as loneliness and social isolation and keeping healthy.



Our Trust research team work closely with staff based within the practices to help support research. Research activity can even bring in new funding into the practices, and increases opportunities for Patient and Public Involvement and Engagement.

## Benefits of nature

Dr Hannah Armit, Senior Clinical Research Psychologist in our research team, was recently involved in an [iCASP funded project](#), designed and developed by a multidisciplinary team of researchers from The University of York.

Our Trust was a partner in this study entitled:

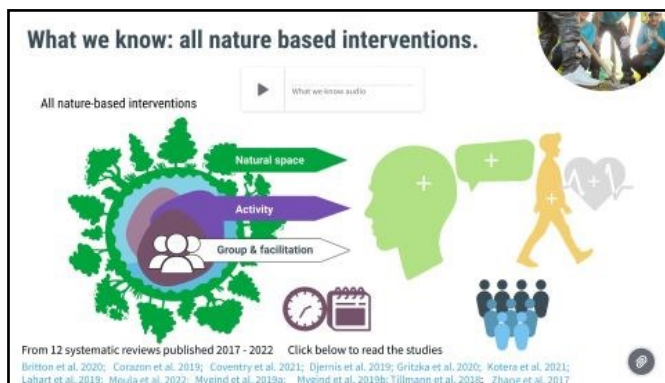
Transforming environmental research into evidence on the cultural and health benefits of green and blue space.

The study summarised

evidence from 12 recent systematic reviews of nature-based Interventions. Its aim being to help organisations demonstrate the health and wellbeing benefits of the natural environment in both urban and rural settings.

We know that organised activities in nature aiming to improve people's health (nature-based interventions) are increasingly being offered through green social prescribing. However, it can be hard to keep up to date with the latest peer-reviewed evidence.

This [interactive summary](#) and [accompanying report](#) shows what we know, what we don't know and why it matters.



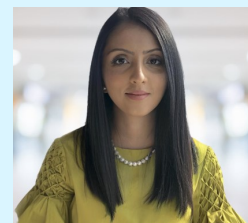
## Welcome

Lydia Parry, Research Support Manager, joined our team in July.



Lydia says, "Research is an integral part of NHS services and is so important to patient wellbeing. I am very pleased to be supporting research across the broad range of services provided by Humber, with its wonderful Research Team."

Saddaf Shaheen, Research Operations Manager, joined our team in



August, and is working to support the delivery of research across our Trust. She has worked in various clinical, operational and strategic roles supporting research in Acute NHS Trusts, Public Health and the NIHR CRN over the past 12 years. Saddaf has also been involved in national programmes to support research in community and social care settings, as well as being a member of the NHS R&D Forum.

Saddaf says, 'Research plays an instrumental role in developing clinical practice and improving patient care. I'm excited to be part of the fantastic team supporting the delivery of high quality research and striving to make research accessible to all our patients at Humber Teaching NHS FT.'