



Service Users in Research
Mental Health Research Network



**National Institute for
Health Research**

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Service Users in Research Bulletin

Issue Nine: January 2011

This is the ninth edition of the bulletin that we send out to members via post or email. In these bulletins we provide news about user involvement in the NIHR Mental Health Research Network (MHRN) and advertise opportunities for people to get involved in the MHRN and mental health research generally.

If anyone has anything that they would like to be in the bulletin or if you would like to join Service Users in Research then please let us know. You can email us at: mhrnppi@kcl.ac.uk.

To join Service Users in Research please fill out the membership form which is sent out alongside this email. You can also join online at:

<http://www.mhrn.info/pages/join-service-users-in-research-online.html>

These bulletins are additionally placed online at www.mhrn.info



We are on Facebook! To find the Service Users in Research page type in 'Service Users in Research' in the search box at www.facebook.com

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Happy New Year!

Happy new year to you all from everyone at the MHRN. Service Users in Research is only as strong as its membership. Our membership has grown considerably throughout 2010 and we have high hopes for the future.

MHRN West Hub: Lead Service User Representative Opportunity



Lead Service User and Carer Representative

West Hub, Mental Health Research Network

The West Hub of the Mental Health Research Network (MHRN) is looking for a new Lead Service User Representative. This position will suit an experienced service user / carer with some knowledge of research.

The post will involve sitting on our Hub Executive Committee, being involved with Hub interview panels for new staff, sitting on our Service User Steering Group, helping with our annual research day and representing the Hub as appropriate. All expenses will be paid and financial remuneration is available for duties carried out.

For an informal chat about the position or to request a full description of the role please contact:

Nathan Filer
School of Social & Community Medicine
University of Bristol
Oakfield House
Oakfield Grove
Clifton
Bristol BS8 2BN

Nathan.Filer@bristol.ac.uk.

01173 313368

Closing Date: Feb 28th 2011

MHRN North London and South London & South East hubs Showcase Meeting



Mental Health Research Network



National Institute for
Health Research

Annual London Showcase Meeting 2011

BMA House, Tavistock Square, London WC1H 9JP
Tuesday 8th February 2011 8:45am – 5:00pm



This major one-day Annual London Showcase Meeting, is being sponsored by the North London and South London & South East Hubs as well as their associated NHS Trusts. This is an opportunity to consider key research projects taking place in London or with a specific relevant and application to London mental health issues and challenges. During the day, research studies and information will be presented with opportunities for discussion.

This years exciting programme, still to be confirmed, may include sessions around the topics:

Addictions
Liaison Psychiatry
Qualitative Research
Older Adults
Communication
Primary Care
Inpatient Care
Service User and Carer Involvement
Psychological Interventions

If you would like to attend please complete your registration at the website displayed below, alternatively if you do not access to the internet please contact your local hub administrator by phone and they will complete the registration process for you.

www.amiando.com/Londonshowcase2011

North London: Jemma Reily-Ayton - 020 7386 1145
South London & South East: Stuart Morris - 020 7848 5015

MHRN West Hub: South West Mental Health Research Day 2011



West Hub
Mental Health Research Network



NHS
National Institute for
Health Research

MENTAL HEALTH RESEARCH IN THE SOUTH WEST Research Day 2011

Wednesday, 9th March 2011, Exeter Conference Centre, Exeter

This research day is a fantastic networking opportunity and is targeted at everyone involved with or who has an interest in mental health research including healthcare professionals, researchers, service users and carers.



We are inviting abstracts for speaker presentations, posters and workshops in all areas of mental health, including :

- Primary care
- Secondary care
- Social care
- Pharmaceutical /commercial trials
- Service user/carer led research

The Mental Health Research Network (MHRN) has been established to facilitate research into mental health problems and to improve collaboration between researchers and NHS partners. The West Hub of the Network is a consortium of Universities and NHS Trusts across the South West including Avon, Wiltshire, Devon and Cornwall, with linked sites in Hampshire and Gloucestershire

If you would like to take part in this exciting event, abstracts can refer to **completed studies** and ones **currently in progress**, but should include details of **impact, relevance and importance to practice**. We would like the event to include both the research and the experience of being involved in research. There will be prizes for the best speaker and poster presentations. We will reimburse travel expenses for service users & carers. ***This event is free of charge.*** (non attendance without reasonable notification will be chargeable)

Registration forms can be obtained by visiting www.mhrn.info or by contacting us on westhub-mhrn@bristol.ac.uk or by telephone: 0117 331 0921

Abstract submission : Please complete the registration and abstract sections and return on the email address above by **Friday, 3rd December 2010**
Registration only : Please complete the registration section only and return on the email address above by **Friday, 21st January 2011**



Hosted by :

Devon Partnership NHS Trust

West Hub Mental Health Research Network
Academic Unit of Psychiatry, University of Bristol
Cotham House, Cotham Hill
Bristol, BS6 6JL

Hampshire Partnership NHS Foundation Trust



WILTSHIRE

PENINSULA

University of the West of England

Devon Partnership NHS Trust

UNIVERSITY OF BATH

Avon and Wiltshire Mental Health Partnership NHS Trust

Cornwall Partnership NHS Trust

UNIVERSITY OF Southampton

Foundation Trust For Gloucestershire

UNIVERSITY OF BRISTOL

SUNLOWS Seminars 2011

The service-user consultants attached to the North London Hub of the Mental Health Research Network are organising a series of seminars showcasing some of the most interesting and up-to-date mental health research. The seminars aim to inform service-users and carers in North London, West London, North East London, Central and East London, Essex, Hertfordshire, Berkshire, and Oxfordshire (all regions covered by the Hub) about the latest research being undertaken in mental health. We will provide both professional and service-user perspectives on the following topics:

Upcoming Dates for your Diary!

28th January 2011 – 2pm to 4:30pm:

‘NOURISHED’ a new treatment for Borderline Personality Disorder and Eating Disorders: Fenella Lemonsky (Imperial/North London Eating Disorders Group) & Emily Dixon, Clinical Studies Officer (North London Hub).

25th February 2011 – 2pm to 4:30pm:

RECOVERY & NIDOTHERAPY which is devoted to changing the environment in all its forms so a better fit is established between a person and every aspect of their surroundings. Our object will be to look at areas of common ground: Prof Peter Tyrer (Imperial College London) will present on Nidotherapy & a member of Dr Mike Slade’s Refocus team (Kings College London) will present on Recovery.

25th March 2011 – 2pm to 4:30pm:

'FIAT' a study investigating the effectiveness of using financial incentives to improve adherence to anti-psychotic medication in patients with poor-adherence. Clinicians and service users will present both opposing and supportive points of view regarding this study.

April- date to be confirmed

'OCTET' a study investigating the effectiveness of Community Treatment Orders (CTOs). It aims to close the current gap in evidence regarding what outcomes CTOs have for different patient groups, mental health services and families. Speakers include: Jorun Rugkasa (Oxford University) and a service-user researcher.

All seminars will be held at the offices of the MHRN North London Hub, Imperial College, The Claybrook Centre, St Dunstan's Road, London W6 8RP. Please email or call Jemma Reilly-Ayton at: j.reillyayton@imperial.ac.uk or 02073861156 to register. Seminars will take about 2 hours with at least 1 hour for discussion. Tea, coffee, and biscuits will be served at 2pm and, for those with excess energy, we will continue the debate and networking afterwards in a local pub or cafe. Further details regarding future seminars will be available soon.

Please book early to avoid disappointment!!

Mental Health in the News

People with a busy social life 'have bigger amygdala'

"People with a busy social life appear to have more volume in a specific part of the brain, scans show"

<http://www.bbc.co.uk/news/health-12061489>

Report links joblessness to poor mental health in young

"The number of young people in Wales with mental health problems is rising with the long-term unemployed more likely to suffer, says a charity"

<http://www.bbc.co.uk/news/uk-wales-12085749>

Scientist Shows Link between Diet and Onset of Mental Illness

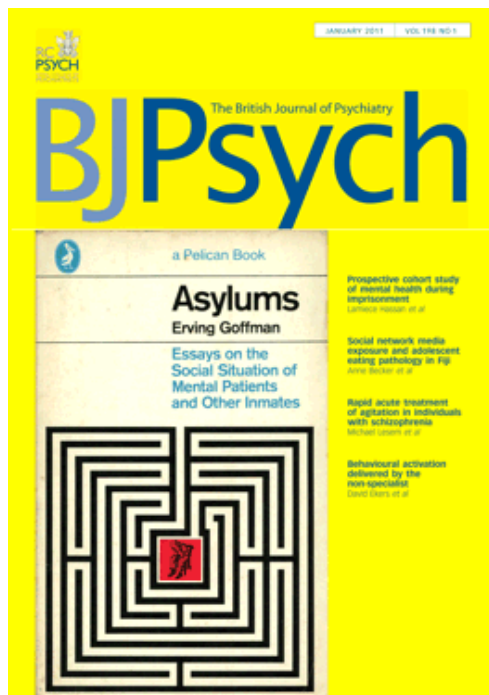
<http://www.medicalnewstoday.com/articles/211328.php>

Lithium makes your brain bigger (literally)

See: <http://www.iop.kcl.ac.uk/news/?id=483>

Relationship duration and mental health outcomes: findings from a 30-year longitudinal study

This is a research paper that has been published in the January 2011 edition of the British Journal of Psychiatry.



The background to the research is stated as being: “marriage is known to be associated with improved mental health, but little research has examined whether the duration of a cohabiting relationship is associated with mental health”. The conclusion of the research is that: “Increasing relationship duration, but not legal relationship status, has a protective effect on mental health for men and women”

You can find out more about the research at:

<http://bjp.rcpsych.org/cgi/content/abstract/198/1/24>

This research was also reported on by the national press. You can see what was said at:

<http://www.telegraph.co.uk/health/healthnews/8237202/Long-relationships-not-necessarily-marriage-key-to-good-health-research.html>

The reference for the research paper is: Sheree J. Gibb, David M. Fergusson, and L. John Horwood. **Relationship duration and mental health outcomes: findings from a 30-year longitudinal study**

The British Journal of Psychiatry 2011 v. 198, p. 24-30

British Psychological Society Research Blog

The British Psychological Society produces a digest of interesting psychology research studies every fortnight.

See: <http://bps-research-digest.blogspot.com/p/printable-pdf.html>

The digest itself is in plain English and is quite accessible. You can also sign up to receive the digest by email.

The latest issue has an article on a study entitled 'Writing about your romantic relationship could help it last'. The researchers concluded that "That people may enhance their romantic relationships by simply writing down their thoughts and feelings about those relationships has clear implications for clinicians"