



East Anglia Hub
Mental Health Research Network



**National Institute for
Health Research**

NEWSLETTER 39

March 2011

Inside this issue:

Hub Update	1
New Studies	2-3
CPFT Current Research Sessions	3
Hub Hosted studies	4-5
Spirituality in Mental Health	6
National Scientific Meeting Information	7-9
Regional Updates	10-11
Linda's Recipe Corner	12-13
Contact Details	14

Hub Update

Spring is finally making itself felt, and this is an exciting and important time for the East Anglia Hub. The National Scientific Meeting is now just around the corner, and places are still available.

The programme explores developmental and youth mental health research and the event is happening across three days, the 6th, 7th and 8th of April. We would love to see you there. To find out more about the programme and for details of how to book your place, see pages 7 - 9. You will also find information of several other workshops at www.mhrn.info.

In this issue of the newsletter we also have details on three new studies launching in the Hub (pages 2 - 3) and updates from Cambridgeshire, Norfolk, Suffolk and Bedfordshire (pages 10 - 11), as well as an event report on spirituality in mental health. We hope you enjoy this issue.



How to run a project on the Network

Applications to run a project on the MHRN must be made to the 3As Committee.

Application forms can be downloaded from: www.mhrn.info

Date for next committees are:

12th May 2011 23rd June 2011 4th August 2011

NIHRMHRN Aims and Benefits

Aims:

- To organise and deliver large-scale research projects to inform policy and practice as it develops, and to help services implement change.
 - To broaden the scope and capacity of research, including full involvement of service users and carers in commissioning and delivering research
 - To help identify the research needs of mental health (particularly in health and social care), working with frontline staff, service users and carers
- To develop research capacity through a range of initiatives at a local, regional and national level.

Benefits:

- Provides instant access to a number of clinical and academic centres
- Brings together research and providers of mental health and social care services
- Offers a broad scope, covering all mental health disciplines
- Offers support and guidance on research governance issues, data protection and ethical matters
- Co-ordinates the management of all subcontracts to individual centres

New Studies

ShireCLEAR - for the Lifespan Examination of ADHD Registry (CLEAR) Study: An International, Longitudinal, Observational Study of Individuals with Attention-Deficit/Hyperactivity Disorder(ADHD)

Principal Investigator: Prof. Philip Asherson
Lead Organisation: Maudsley Hospital

The CLEAR project aims to generate an international registry of patients with ADHD. The basic idea is to provide observational data on people being treated for ADHD in the UK and other countries in Europe, USA and Canada. Unlike many other projects, the data collected will provide information on the 'real life' situations of people being treated for ADHD whereas most other studies use selected groups with inclusion and exclusion criteria. This means that the study will provide detailed information on the range of problems, impairments and comorbidities that people with ADHD are presenting with; the interaction with clinical services; and real and perceived benefits of clinical interventions. In an area of clinical work that is relatively new and rapidly expanding such information will provide guidance on the real life impairments and clinical problems faced by this group of patients. The ability to compare across countries and with and outside of Europe will further help to clarify what is specific to ADHD and what is driven by local country-specific factors. There is therefore good potential for improving benefits to patients.

CIMTIPPA - Investigating Cultural Influence on the Memory of Trauma and Implications for Posttraumatic Psychological Adjustment

Chief Investigator: Dr Laura Jobson
Lead Organisation: University of East Anglia

Posttraumatic stress disorder (PTSD) is an anxiety disorder that can develop following exposure to trauma. It is characterised by symptoms of hyperarousal, re-living of the event and avoidance of reminders of the event. Central to the current understanding and treatment of PTSD is the notion that trauma survivors with PTSD have particular disruptions in their personal remembering of the trauma event. Research suggests, however, that whether a person comes from an individualistic culture (i.e. a culture that predominantly socializes members to view themselves as individuals, such as Britain) or a collectivistic culture (i.e. a culture that predominantly socializes members to view themselves as members of the larger group, such as Iran) has an influence on the personal remembering of everyday events. The question remains, however, are there cultural differences in the autobiographical remembering of trauma and what does this mean for PTSD models and treatment? Preliminary research has investigated cultural differences using trauma survivors living in Australia. However, ideally a study that investigates samples of people both in a new country and in their own original cultural setting is needed, as this will help separate cultural factors more clearly. The aim of this research is to explore cultural differences in the autobiographical memory of trauma and associated posttraumatic psychological adjustment using trauma survivors from an individualistic culture (Britain) living in an individualistic culture (Britain), a collectivistic culture (Iran) living in an individualistic culture (Britain) and from a collectivistic culture (Iran) living in a collectivistic culture (Iran). Collaborators in Iran are recruiting and collecting data from Iranian trauma survivors living in Iran.

New studies (continued)

CORE phase 1 - Optimising team functioning, preventing relapse and enhancing recovery in crisis resolution teams: the CORE programme (CRT Optimisation and RElapse prevention)

Chief Investigator: Prof. Sonia Johnson
Lead Organisation: Camden and Islington NHS Foundation Trust

Background: CRTs have been established throughout England and pioneer services have reduced admissions and improved patient satisfaction. However, significant limitations in implementation have been identified, including problems achieving continuity of care and thus the intended reductions in inpatient bed use, and service user and carer dissatisfaction with therapeutic relationships and the range of interventions available to support recovery.

This study represents the first phase of the CORE Programme. Future phases of CORE will involve: a) the development of a model of CRT best practice with an accompanying measure of model fidelity and a resource kit to facilitate the model's implementation in CRTs; b) a mixed-methods evaluation of the implementation of the resource kit in 15 CRTs in England; and c) an evaluation of a peer-facilitated self-management intervention designed to promote recovery and reduce relapse among CRT service users.

Current Mental Health Research sessions

Are you a Health and Social Care Support Worker in Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) who would like to find out more about current mental health research?

If so, the East Anglia Hub is working with the Trust's Learning and Development Department to provide two sessions on 'Current Mental Health Research'. These are being held on the following dates:

5th April 2011 - Ida Darwin, Cambridge, 1 pm - 4.30 pm

4th May 2011 - Cavell Centre, Peterborough, 9 am - 1 pm

Please contact the Learning and Development team to book a place.

Email: Learning&Development@cpft.nhs.uk

PROJECTS ACTIVELY SUPPORTED BY THE EAST ANGLIA HUB

Projects in set-up:

Crossing the Divide

Chief Investigator: Declan Murphy
Funded by: NIHR

Assessing diagnostic procedures for Autism Spectrum Disorders and Attention Deficit Hyperactivity Disorders in early adulthood

DPIM

Chief Investigator: Hugh Gurling
Funded by: MRC

DNA polymorphisms in mental illness—Identifying genes and their mutations increasing susceptibility to ADHD, Alzheimer’s dementia psychosis and alcoholism

ECHO

Chief Investigator: Janet Treasure
Funded by: NIHR

Does a proven intervention to improve functioning of carers also benefit the anorexia nervosa sufferer for whom they care? A pilot study of our Expert Carer Helping Others (ECHO) intervention

FEP1

Chief Investigator: Jeremy Coid
Funded by: NIHR

Follow-Up of First Episode Psychosis in East London

HoMaS2

Chief Investigator: Navneet Kapur
Funded by: NIHR

Hospital management of self-harm in England—study 2

HIP

Chief Investigator: Richard Gray
Funded by: NIHR RfPB

Cluster randomised controlled trial of the Serious Mental Illness Health Improvement Profile

Open Projects:

AZ-HOME

Chief Investigator: Esteban Medina
Funded by: Industry funded

European study to describe hospital stay in patients admitted for acute bipolar manic episodes treated with immediate release quetiapine or extended release quetiapine

ASPECTS

Chief Investigator: Richard Meier-Stedman
Funded by: MRC

Cognitive Behavioural Therapy (CBT) as an early intervention for post-traumatic stress disorder (PTSD) in youth: preliminary efficacy and mechanisms of action

Causes and Effects of Stimulant Dependence

Chief Investigator: Karen Ersche
Funded by: MRC

This study aims to investigate the genetic basis for stimulant dependence and wants to determine the effects of chronic stimulant abuse on the brain.

Janssen 3010

Chief Investigator: D.S Gonzalez-Naranjo
Funded by: Industry funded

Exploring the tolerability, safety and treatment response (maintained/improved efficacy), based on total Positive and Negative Syndrome Scale (PANSS) score, of a transition to flexibly dosed paliperidone palmitate in subjects with schizophrenia previously unsuccessfully treated with oral or long-acting injectable (LAI) antipsychotics.

MCA-DoLS

Chief Investigator: Isabel Clare
Funded by: NIHR Policy research Programme

Investigating professionals’ understanding, and the effects of, the interface between the Mental Capacity Act 2005 Deprivation of Liberty Safeguards (DoLS) and the Mental Health Act 1983.

Neurocognitive Endophenotypes in adult ADHD

Chief Investigator: Ed Bullmore
Funded by: MRC & Wellcome Trust

Parades

Chief Investigator: Peter Bartlett
Funded by: NIHR

Advance Directive evaluation in Bipolar Disorder

Risk Factors of Perinatal Disorders

Chief Investigator: Paola Dazzan
Funded by: NARSAD

CEQUEL

Chief Investigator: John Geddes (Oxford)
Funded by: The Medical Research Council

Comparative Evaluation of Quetiapine-Lamotrigine combination versus Quetiapine monotherapy (and folic acid versus placebo) in patients with bipolar depression.

Cognitive Mechanisms of Change in Delusion

Chief Investigator: Philippa Garety and Elizabeth Kuipers (London)
Funded by: the Wellcome Trust

Cognitive, emotional and social causes of psychosis: a translational study

EU-GEI

Chief Investigator: Peter Jones
Funded by: European Union 7th Framework Programme

European network of national schizophrenia networks studying Gene-Environment Interactions Work Package 2: Functional Enviromics

Open Projects actively supported (continued)

FIAT (MfM)

Chief Investigator: Stefan Priebe
Funded by: NIHR (HTA programme)

Financial incentives to improve adherence to psychiatric medication in non-adherent patients—a cluster randomised controlled trial

IMPACT

Chief Investigator: Ian Goodyer
Funded by: National Institute for Health Research Technology Assessment Programme

Randomised Controlled Trial of Brief Psychodynamic Psychotherapy, Cognitive Behaviour Therapy and Treatment as usual in adolescents with moderate to severe depression attending routine child and adolescent mental health clinics.

Learning Study

Chief Investigator: Graham Murray
Funded by: MRC & NIHR
Learning, reasoning and motivation in psychosis and individuals at risks of psychosis

MPTW

Chief Investigator: Michael West
Funded by: NIHR SDO

Effectiveness of multi-professional team working in Mental Health

OASIS

Chief Investigator: Tony Hale
Funded by: Industry funded

To monitor the short-term (up to 12 weeks) use and safety of two types of Quetiapine by psychiatrists under normal conditions of use.

OCTET

Chief Investigator: Tom Burns
Funded by: NIHR

Oxford Community Treatment Order Evaluation Trial

PET

Chief Investigator: Fiona Nolan
Funded by: NIHR RfPB

A preliminary comparison of acute mental health inpatient wards which use Patient Engagement time, with other wards delivering standard care alone

REAL

Chief Investigator: Helen Killaspy
Funded by: NIHR Programme Grant for Applied Research

Rehabilitation and Effectiveness and Activities for Life: a multicentre study of rehabilitation services and the efficacy of promoting activities for people with severe mental health problems.

SEPEA

Chief Investigator: Peter Jones
Funded by: the Wellcome Trust

Social Epidemiology of Psychoses in East Anglia

REACT

Chief Investigator: Paul Wilkinson
Funded by: MRC

Cortisol Hyper-Reactivity to Stress - A Putative Biomarker for Major Depressive Disorder

START

Chief Investigator: Peter Fonagy
Funded by: The Department for Children, Schools and Families

A collaborative evaluation of multi-systemic therapy in a UK context

SuperEDEN

Chief Investigator: Max Birchwood
Funded by: NIHR

Sustaining Positive Engagement and Recovery (SUPEREDEN) – the next step after Early Intervention for Psychosis

The Effectiveness and Cost-effectiveness of Perinatal Psychiatry Services

Chief Investigator: Louise Howard
Funded by: NIHR

This project is a programme development project which aims to establish whether it is feasible to identify and collect data for women treated in general psychiatric wards, mother and baby units, and home treatment teams.

Other projects hosted by the East Anglia Hub:

Case-control studies of psychiatric in-patients who commit suicide in the first week of admission and suicides within 2 weeks of discharge from psychiatric in-patient care.

FEP
MDS
National Trends and Local Delivery in Old Age Mental Health Services: Towards an

Evidence Base (1)

PARTNERS
AESOPS
Conversion Disorder
DOMINO-AD
LEGS
Sudden death in Psychiatric in-patients and the relationship with psychotropic drugs
National Confidential inquiry into suicide and homicide by people with mental illness (NCISH)

A study to investigate the prevalence of mental illness among victims of homicide and the demographic, clinical and criminological characteristics of victim
Moral ID
PAATH
ROCKY
SCJS
SPeEDS
ROOTS
ProCEED
Edie-2

TMT106522
Bridge
Super-C
VORAMSS
A study of psychotropic medication prescribing patterns in English prisons
Population risks
PaSsa
MR-IMPACT
AMICUS
Viewpoint

Spirituality and Mental Health

Suffolk Mental Health Partnership (SMHP) and Faith to Engage held an informative morning at IP City Centre in Ipswich on the 16th February. With the context of the morning focusing on spirituality and mental health, a variety of people from all different backgrounds attended the session.

The morning opened with a brief talk from David Grimwood a regional partner for Faith to Engage in the East who has been working with SMHP to promote links between spirituality and mental health.

faith to engage

The first speaker was Sue Howlett, a modern matron at Wedgewood House. She opened her talk with a discussion about what is meant by the word spirituality and whether this refers to a belief in a greater being or energy or that spirituality can be a connection with the inner self through identity. Sue went on to explain that with the support of the chaplaincy at the Trust, the team have been able to support and encourage people with mental health problems achieve this.



Some aspects of spirituality

A spirituality group has been set up at Wedgewood House and some quotes describing what spirituality meant to members of the group were read out with reference to how it has helped them with their illness. At the end of the presentation every table was given a number with a case study with questions and a lead. This allowed for the table to discuss various views and disciplines and how they thought spirituality played a part in recovery.

Another interesting part of the day was a Service User speaker for SMHP who talked about what spirituality meant to him. He discussed his difficulties and how being supported has helped him find himself and his religion again for the first time in a number of years. Overall the morning allowed for interesting conversation around the term spirituality and the role it has to play in mental health, both in the wards and in the community.

Lauren Wright
Clinical Studies Officer



The Mental Health Research Network supports research in England carried out with the help of people who use NHS services and people who work in them.

Once a year, researchers, mental health professionals, meet together to discuss the studies we support.

Book your place now!

visit

**www.mhrn.info
and follow the link**



**Meeting theme:
Developmental and
youth mental health
research!**



Mental Health
Research Network



National Institute for
Health Research

MHRN 2011 National Scientific Meeting

Developmental and youth mental health research

6 to 8 April
Cambridge
Provisional
programme

1

**Wednesday
6 April 2011**
(West Road Concert Hall)

12.30 MHRN Communication Skills Course for service users and carers and pre-Meeting gathering (open to all).
To register a place or find out more, email mhrnppi@kcl.ac.uk

17.00 Registration

18.00 Dr Jesus Perez, MHRN East Anglia Hub lead, introduces keynote speaker

18.05 NIHR CLAHRC for Cambridgeshire and Peterborough
(Collaborations for Leadership in Applied Health Research and Care)
● Professor Peter Jones, professor of psychiatry, head of the Department of Psychiatry, University of Cambridge, and CLAHRC director

19.00 Welcome reception

**Thursday
7 April 2011**
(Faculty of Law)

09.30 Opening address: Dr Jesus Perez, University of Cambridge and MHRN East Anglia Hub lead

09.45 Introduction and presentation of the 2011 MHRN Associate Awards: Professor Til Wykes, Institute of Psychiatry, King's College London and director, Mental Health Research Network

Plenary sessions

10.15 **MRC Strategy for mental health**
● Dr Gavin Malloch, Medical Research Council
Chair: Professor Til Wykes, Institute of Psychiatry, King's College London and director, Mental Health Research Network

11.15 **The neurobiology of adolescence: implications for mental health**
● Professor Ian Goodyer, University of Cambridge
Chair: Professor Til Wykes, Institute of Psychiatry, King's College London and director, Mental Health Research Network

11.45 **Learning disabilities in young adulthood**
● Professor Tony Holland, University of Cambridge
Chair: Professor Til Wykes, Institute of Psychiatry, King's College London and director, Mental Health Research Network

Parallel sessions

13.15

<p>Session 1</p> <p>Current issues in addictions</p> <p>Chair: Dr Tim Millar, University of Manchester</p> <p><i>Speakers</i></p> <ul style="list-style-type: none"> ● Dr Rebecca Elliott, University of Manchester ● Professor Colin Drummond ● Dr John Marsden, both from the Institute of Psychiatry, King's College London ● Dr Rowdy Yates, University of Stirling 	<p>Session 2</p> <p>Improving our treatment of bodily distress syndromes</p> <p>Chair: Professor Francis Creed, University of Manchester</p> <p><i>Speakers</i></p> <ul style="list-style-type: none"> ● Professor Francis Creed, University of Manchester ● Professor Peter White, Queen Mary, University of London ● Dr John McBeth, Keele University ● Professor Chris Williams, University of Glasgow
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Provisional programme
17 February 2011

The MHRN 2011 National Scientific Meeting is organised by the MHRN East Anglia Hub





Mental Health
Research Network



National Institute for
Health Research

MHRN 2011 National Scientific Meeting

Developmental and youth mental health research

6 to 8 April
Cambridge
Provisional
programme

2

Parallel sessions 15.30

Session 3

Translating findings from experimental neuroscience into clinical practice in the treatment of anorexia nervosa

Chair: Professor Ulrike Schmidt, Institute of Psychiatry, King's College London

Speakers

- Professor Ulrike Schmidt
 - Dr Kate Tchanturia
 - Professor Janet Treasure
 - Dr Nadia Micali
- all from the Institute of Psychiatry, King's College London

Session 4

Autism

Chair: Professor Swaran Singh, University of Warwick

Speakers

- Professor Simon Baron-Cohen, University of Cambridge
- Dr Angelica Ronald, Birkbeck, University of London
- Dr Michael Spencer, University of Cambridge
- Dr Carrie Allison, University of Cambridge

19.00 Drinks reception (King's College) followed by dinner at 19.30pm

Friday
8 April 2011
(Faculty of Law)

09.30

Session 5

The origins of personality disorders

Chair: Professor Eileen Joyce, University College London

Speakers

- Dr Sara Jaffee, King's College London
- Dr Essi Viding, University College London
- Dr Eamon McCrory, University College London
- Professor Peter Fonagy, University College London

Session 6

Network research in ADHD

Chair: Dr Ulrich Müller, University of Cambridge

Speakers

- Dr Ulrich Müller, University of Cambridge
- Dr Susan Young, Institute of Psychiatry, King's College London
- Dr David Coghill, University of Dundee
- Professor Philip Asherson, Institute of Psychiatry, King's College London

Plenary sessions 11.00

Ten years of Early Intervention services for psychosis: what have we learned about the management of psychosis?

- Professor Max Birchwood, University of Birmingham
- Chair: Professor Shôn Lewis, University of Manchester

11.30

Psychosis risk

- Professor Peter Jones, University of Cambridge
- Chair: Professor Shôn Lewis, University of Manchester

12.00

Closing remarks:
Professor Shôn Lewis, University of Manchester

12.30

Close of Meeting and lunch

Provisional programme
17 February 2011

The MHRN 2011 National Scientific Meeting is organised by the MHRN East Anglia Hub



Regional Updates

Cambridgeshire

The IMPACT study continues to do well in CPFT and has now recruited 34 young people in total through the Child and Adolescent Mental Health services, which is great progress.

Visits have started to the drug service at Bridgegate, and the NHS Community Drug Team at 62 Lincoln Rd, both in Peterborough. The purpose of these visits is the completion of the DR-PADUA questionnaire for the Addiction Endophenotypes: Causes and Effects of Stimulant Dependence study. Both teams have been very supportive of the visits so far, and the first participants have already been recruited.

The PARADES study has attracted interest in CPFT, and the Hub team are just waiting for a confirmation on the local collaborator before beginning the process of Trust approval.

The VIEWPOINT study is now entering the data analysis stage. 278 service users were recruited into the study, 238 of which completed the interview. This recruitment rate was the highest of all the Trusts that took part in the survey. Well done and a huge thank you to all teams who have been supporting the study. Rethink will provide a report on the results for CPFT in the coming months.

Interested in getting involved Perinatal Mental Health Disorders research?

The Hub team are looking for people who are interested in being Local Collaborator for, or getting involved in, a recently adopted study, "Risk Factors in Perinatal Mental Disorders: Stress, Electrophysiological and Neuroimaging Markers". If you work in CPFT and are interested, or know someone who might be, please contact our Cambridge CSO, Lorna Jacobs, for more details (lorna.jacobs@cpft.nhs.uk).

Bedfordshire

In the last month the Hub's Bedford-based CSO has been actively involved in visiting CAN in Luton and NHS Healthlink in Bedford for the Stimulant Dependence study. This has involved identifying eligible participants in drug and alcohol services to complete the DR-PADUA, a questionnaire aimed at achieving a better understanding of the experiences of people who are using stimulant drugs. So far 5 questionnaires have been completed.


ASPECTS is a study investigating whether cognitive behavioural therapy is an effective therapy for treating young people (8-17 years) diagnosed with Posttraumatic Stress Disorder (PTSD). The study will be running in Bedfordshire and is being supported by local services. The CAMHS services in Bedfordshire are happy to support the study by providing room space for the therapy to take place. The A&E department at Bedford hospital will be actively involved in referring suitable patients onto the study team.

Research activity will be increased in future months with regular visits to complete DR-PADUA questionnaires and with referrals to the ASPECTS study from Bedford hospital. There are also several more studies in the pipeline which may be coming to Bedfordshire: DNA Polymorphisms in mental illness, PARADES, ECHO and Risk Factors in Perinatal Mental Disorders. Research activity in the Bedford area looks set to increase in the near future.

Suffolk

After receiving permission to visit Suffolk's drug services again to complete the DR-PADUA so far 2 questionnaires have been completed. With the help of child and adolescent mental health services recruitment for IMPACT has seen a rise since the last issue. Suffolk has successfully recruited a total of 10 people.

The EIT in Suffolk have employed a new assistant psychologist who will be taking over the day to day running of SEPEA. This study continues to achieve good recruitment for SMHP. Contact has also been made with the study team for Cognitive Mechanisms of Change in Delusions. As a result promotional visits to clinical teams have been arranged.



Many more projects are due to be coming to Suffolk. The DPIM study is in set up with Dr Judy Rubinsztein acting as local collaborator. Another study due to come to SMHP is Risk factors of Perinatal Mental Disorders with Dr Amanda Elkin who holds an interest in this topic. The ECHO project has also been given ethical approval and wants to come to Suffolk. We are in contact with Eating Disorders service to facilitate this. One more study to come to Suffolk is the PARADES study on bipolar disorder. With plenty of research going on and coming to Suffolk alongside the promotional work that is being carried out, research activity in Suffolk is on the rise.

Norfolk

It's been a busy two months in the Norfolk office with 9 studies currently in set up and 17 in recruitment. In addition, two more studies have recently been adopted so the Norfolk team are in for an even busier two months ahead.

Recruitment for the DR-PADUA questionnaires in the Addiction Endophenotype study is doing exceptionally well with 16 questionnaires completed so far. The Astra-Zeneca HOME study has recruited 10% above its target. SEPEA is continuing to run smoothly across the three sites and the ROCKY study has almost reached target.

Looking ahead, the HIP study has recently received R&D approval and recruitment is due to start on 4th April. SuperEDEN and PET are both up and running now and are expected to recruit well for the Norfolk and Waveney Mental Health NHS Foundation Trust. We look forward to completing the set-up phase for the PARADES study which has had a lot of interest from clinicians within the Trust, so all in all, a positive two months ahead! We look forward to updating you with our progress in May's issue.

Update on EA MHRN Commercial Studies

The PalmFlex study has received R&D approval at Cambridgeshire & Peterborough NHS Foundation Trust (CPFT) and a Site Initiation Visit was held on 17 February 2011. The CSO's are liaising with the study team to help resolve site queries and it is hoped the first patient will be recruited into the study shortly. The PalmFlex study offers the CSO's an opportunity to work closely with the study team, Investigators and Pharmacy and presents a great opportunity for the Hub to support Industry. A teleconference was also set up by the Hub discussing the feasibility of Norfolk as a study site. The study team have now arranged to visit the site premises and hopefully Norfolk will also be chosen as a study site.

The OASIS study is now recruiting across Norfolk & Waveney Mental Health NHS Foundation Trust and Suffolk Mental Health Partnership Trust. Four patients have been recruited thus far in Norfolk and two patients in Suffolk. There has been a high level of Investigator interest and the CSO's are continuing to work closely with the study team and Investigators to support study set up. Moving forward the CSO's will continue to offer Investigator support in helping to identify and screen patients.

The Shire CLEAR study: Consortium for the Lifespan Examination of ADHD Registry (CLEAR) Study: An International, Longitudinal, Observational Study of Individuals with Attention-Deficit/Hyperactivity Disorder (ADHD) has been adopted by the MHRN and Principal Investigators have been established in Cambridge & Norfolk. CSO's will be available to support Investigators allowing the hub to continue building its Industry portfolio. The study currently awaits R&D approval in both CPFT & Norfolk. Meanwhile the AZ Home study (sites in Norfolk & Suffolk) is now coming to an end and recruitment in Norfolk reached twelve patients.

Over the coming weeks, the Industry Trial Facilitator will be raising awareness of Industry studies across the network. This will be a valuable opportunity to give potential Industry Investigators an insight into the MHRN's Industry studies and the support offered by the networks. If you would like a visit from the MHRN to discuss Industry studies, please contact Pritpal Panesar on 01223 746130 or email prtipal.panesar@cpft.nhs.uk.

EA Hub CSOs

Di-Jest: Linda's Recipe Corner

Chicken Satay with Peanut Sauce, Yellow Rice and Green Bean and Coconut Salad

Protocol n = 4



Chicken satay with kecap manis, lime leaves and black pepper

- 16 x 18cm bamboo skewers
- 500g skinned boneless chicken (mixture of thigh and breast meat)
- 3 tbsp vegetable oil
- 50g shallots, finely sliced
- 20g garlic, crushed
- 1 tsp soy sauce
- 1 tbsp kecap manis (indonesian sweet sticky soy sauce)
- 2 tsp coarsely ground black pepper
- 3 kaffir lime leaves, finely shredded

Soak the bamboo skewers in cold water for 30 mins.

Cut the chicken into 2 x 2cm pieces.

Heat the oil in a small frying pan, add the shallots and fry over a medium heat until richly golden. Tip the oil and the shallots into small mixing bowl and leave to cool. Then stir in the crushed garlic, soy sauce, kecap manis, black pepper and kaffir lime leaves. Add the chicken, mix together well, cover and leave to marinate while you prepare the rest of the meal.



Peanut sauce

- 2 dried red chillies, soaked in hot water for 30 mins then drained
- 1 tbsp vegetable oil
- 50g shallots, finely chopped
- 20g garlic, finely chopped
- 1 red bird's eye chilli, finely sliced
- 40g tomato, skinned and chopped
- ½ tsp shrimp paste (or 2 tsp fish sauce)
- 1 tbsp palm sugar
- 125ml coconut milk
- 150g roasted peanuts (processed in a food processor until finely chopped)
- 2 tsp kecap manis
- 2 tbsp lime juice

Roughly chop the drained chillies.

Heat the oil in a small pan over a low heat. Add the shallots and garlic and fry gently until soft and golden. Add the chopped chillies, fresh chilli, tomato and shrimp paste and cook for a further 2 minutes. Stir in the sugar and coconut milk and leave to simmer for 2 minutes until it has reduced and thickened slightly. Stir the peanuts into the sauce with the kecap manis and lime juice and season to taste with a little salt. It should be sweet, sour, salty and spicy. Leave to cool and move on to the salad



Di-Jest: Linda's Recipe Corner



Green bean, mango and coconut salad

250g fine green beans, cut into 3cm pieces
 150g fresh coconut, finely grated
 1 medium green mango, peeled and finely grated
 1 medium hot red chilli, seeded and chopped
 100g bean sprouts
 1 handful fresh mint, finely chopped
 25g crispy fried shallots
 15g crispy fried garlic



For the dressing:

½ tsp shrimp paste (or 2 tsp fish sauce)
 4 tsp lime juice
 1 tbsp vegetable oil
 2 tsp palm sugar
 ½ tsp salt

Bring a pan of salted water to the boil. Add the green beans and cook for 2 minutes. Drain and run under cold water for 2 mins to stop the cooking process and retain some crunch.

Crack open the fresh coconut with a hammer, remove the coconut from its shell using a strong metal spoon, peel off the brown skin with a potato peeler and finely grate the flesh using the finest grating blade of your food processor.

Slice the green mango lengthways into three, retaining the stone in the middle section. Cut the two outer sections in half then carefully remove the skin from all pieces with a small sharp knife. Using your knife, remove as much flesh from around the stone as you can, then grate all the flesh in your food processor.

Tip the blanched green beans into a bowl and add the grated coconut, grated green mango, bean sprouts, mint, chopped chilli and the crisp fried shallots and garlic. Mix together well and cover and put aside.

For the dressing, blend the shrimp paste with the lime juice in a small bowl, then whisk in the oil, sugar and salt. Put aside while you cook the rice.



Fragrant Yellow Rice

350g rice (thai jasmine or brown basmati, but long-grain will do)
 400ml coconut milk
 1 tsp turmeric powder
 4 kaffir lime leaves, finely shredded
 2 lemongrass stalks, halved and bruised
 25g peeled galangal or ginger, thinly sliced lengthways
 ½ tsp salt
 300ml water

Wash rice and place into a medium-sized non-stick pan with all the other ingredients. Bring to the boil, stir once, reduce the heat to low and cover with a tight fitting lid. Leave to cook for 10 mins then remove from the heat and put aside, with lid in place, to finish cooking and keep warm while you cook the chicken.

Finish and Serve

Preheat a barbeque or grill to medium heat. Thread 5 pieces of chicken onto each bamboo skewer. Brush the satay lightly with a little more oil and barbeque or grill for about 6-8 minutes, turning once, until cooked through. Meanwhile dress the salad with the prepared dressing.

Serve four satay sticks per person straight away with the warm rice, the cold peanut sauce and the dressed salad. A cold glass of white wine on the side completes the picture. I would recommend a New Zealand Sauvignon Blanc or a decent Viognier.



Location	Office Address	Staff
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