



North East Hub
Mental Health Research Network



**National Institute for
Health Research**

Advancing Mental Health Practice through Research

North East Hub Newsletter



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Increasing research
activity in the North
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our new *Acting
Hub Manager*
Saffra Knox



Making a
difference
awards 2010

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Staff Awards at

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And lastly.....

Martin Wheatman,
Clinical Studies Officer

*Is sadly leaving us! He talks to us
about his time at the hub and new
role.*



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Welcome

Saffra Knox - Acting Hub Manager

In this edition I would like to draw your attention to the positive progress we've made in the North East Yorkshire locality of Tees Esk & Wear Valleys NHS Trust, and take this opportunity to thank them for their support and interest in becoming research active. We also have an interesting report on the INVOLVE Conference, NTW R&D Conference and an overview of the SAGE Study following its publication in the Lancet.

Please take a look at the upcoming events page where we have two exciting events this year in the form of the MHRN North East Service User and Carer Forum which will be taking place on Friday 04th March at the Discovery Museum in Newcastle and the MHRN National Scientific Meeting which will be taking place in the lovely city of Cambridge on the 06-08th April.

We are also pleased to announce that we have two new additions to the team, Keith Bryce our newly appointed e-Science Officer who will be based with our Stockton team and Emily Wood who joined our Newcastle team as a Trainee Clinical Studies Officer in November.

We'll sadly be saying goodbye to Martin Wheatman as he returns to clinical practice in a new role as an IAPT High Intensity Trainee but wish him all the very best for the future.

Latest News - Newcastle

The Sage Study by Sue Leach

The SAGE study has recently received wide media coverage following its publication in the Lancet titled 'Identifying susceptibility genes for Attention Deficit Hyperactivity Disorder' with antisocial behaviour as a covariate.

The MHRN and study team would like to thank all the health professionals within the North East for their support with the study.

Attention deficit hyperactivity disorder – ADHD is a childhood onset disorder which is one of the most common reasons why children are referred and seen by Child and Adolescent Mental Health Services. Young people with ADHD show excessive levels of inattention, hyperactivity and impulsivity which can cause problems at school, with peers and family relationships. The study looked at evidence that demonstrated that genetic factors are of major importance and that genes co-act and interact with environmental risk factors and aimed to identify genes that increase susceptibility to ADHD.

The study drew from 90 community child psychiatry and paediatric outpatient clinics across the UK from 2001 and 2009 and completed recruitment with 410 children aged between 5



and 17 years with ADHD, 35 of who were known to have a sibling also with a diagnosis of ADHD. The MHRN adopted the study and facilitated local approvals and promotion to relevant professionals in the North East. Clinicians in the region identified potential participants and referred families with sibling pairs who both had ADHD to the study teams based at Cardiff University and Cambridge.

Detailed clinical information, relevant measures of environmental risk and DNA was collected from each child and the parents. With the families permission a questionnaire was also sent to the school and the teacher of each child was interviewed by telephone regarding the child's ADHD symptoms. Data for full analyses were available for 366 children with ADHD and 1047 controls.

In analysing the samples and data the researchers found that a particular type of rare genetic variant – known as a copy number variant – was twice as common in children with a clinical diagnosis of ADHD as in children who do not have the condition. Similar results have been previously found for autism, schizophrenia and other Brain disorders.

Rare copy number variants are just one type of genetic variant and further research will be required to analyse other types of genetic variation.

All complex diseases – not just ADHD and mental health disorders, but also diseases such as diabetes, heart disease and cancer – are caused by the co-action and interaction of a large number of genetic variants and the environment. It is possible for a child to carry a particular genetic variant but not develop ADHD. Likewise, a child who does not carry that particular variant may still go on to develop the condition. That is the expected pattern for all complex disorders. Most individuals in a study will not necessarily carry the risk factor, rather the group as a whole show a higher rate when compared with those who are unaffected (controls).

The results of the SAGE study support the view that ADHD is a neurodevelopmental disorder. That is because increased rates of copy number variants appear to characterise neurodevelopmental disorders (although as already said, not all who have ADHD will necessarily have one). Also, the copy number variants found in the ADHD sample, overlapped with those previously found in autism and schizophrenia. The team conclude that the results from this study suggest that routine referral to clinical geneticists and screening for such mutations could be helpful for children with ADHD.

The study can be accessed in detail through www.thelancet.com published September 30th. There is a video explaining the research at <http://www.youtube.com/watch?v=3NlaekvCZ48>

The study was funded by the Wellcome Trust , Action Medical Research & Baily Thomas Charitable Trust

wellcome trust

action medical research
for children, for life

The Baily Thomas
Charitable Fund

Latest News - Stockton

North East Yorkshire – New Developments By Kath Richardson

This year the MHRN North East Hub has seen the development of a new full time CSO post to develop and increase research activity in the North East Yorkshire Locality of Tees, Esk and Wear Valleys NHS Trust (TEWV).



The post is funded and supported by the North and East Yorkshire and Northern Lincolnshire Comprehensive Research Network. They have also funded one consultant session per week for the area.

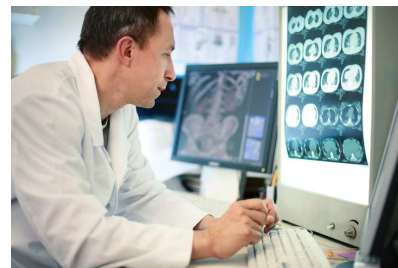
The North East Yorkshire locality comprises Scarborough, Ryedale and Whitby and district, population size 160,000, spread over a large, mainly rural area.



The main site for mental health services is Cross Lane Hospital in Scarborough, with Community Mental Health Teams based in Scarborough, Ryedale (Malton) and Whitby.

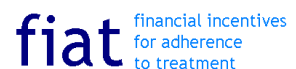


CSO recruitment activity commenced towards the end of May 2010 after agreement and support was given by the locality management team in North East Yorkshire. Support for research activity by clinicians has been extremely positive and despite being very busy with clinical activity, everyone has made time to assist with recruitment where possible.



A number of staff have voiced their interest in research and a Consultant Psychiatrist and a Specialist Nurse have been involved in a TEWV event aimed at encouraging and developing clinicians to take on the role of Principle Investigator for portfolio studies.

A range of studies have been promoted and are open for recruitment, in the area. These include BDRN, ABC, OASIS, CEQUEL, ACTION, REFOCUS, and FIAT and alongside recruitment it has been possible to carry out promotional activity.



More studies are on the way and it is hoped to build and increase involvement in research activity. If the engagement of the clinical staff is anything to go by, then the future looks good.

MHRN North East Projects

The MHRN North East currently work on and support a number of studies including:

ABC – A Bipolar Cohort: Study of mood disorders

HOMAS 2 – Hospital Management of Self-harm in England (HoMaS2) (Revisiting variation in the Management of Self-Harm (2))

ACTION – Cognitive Behavioural Therapy for People with Psychosis without Antipsychotic Medication: A Randomised Controlled Trial

LPOP 2010 – Liaison Psychiatry Services for Older People National Survey 2010

ADD – Antiglucocorticoid augmentation of antidepressants in Depression

OASIS – Observational Assessment of Safety in Seroquel



ADHD – Assessing the impact of children with ADHD on the health and well-being of their families

PEPS - Psycho-Education with Problem Solving (PEPS) therapy for adults with personality disorder: a community based randomised controlled trial

ADVANCE – Evaluating the implementation of a new psychiatric inpatient facility: a mixed methods approach



BDRN - Molecular genetic investigation of Bipolar Disorder and other related mood disorders

PET – Protected Engagement Time (Phase 1)

CEQUEL - Comparative Evaluation of Quetiapine - Lamotrigine combination (and folic acid placebo) in patients with Bipolar Depression

REAL – Rehabilitation Effectiveness and Activities for Life (REAL) a multicentre study of rehabilitation services and the efficacy of promoting activities for people with severe mental health problems

CMHT Study – Community Mental Health Teams for Older People: a study of the outcomes from different ways of working

REFOCUS – Developing a recovery focus in mental health services in England (Focus Groups)

FIAT - Financial incentives to improve adherence to anti-psychotic maintenance medication in non adherent patients - a cluster randomised controlled trial

REEACT - The randomised evaluation of the effectiveness and acceptability of computerised therapy trial

Projects continued.....

SHIFT - Self harm intervention, family therapy: a randomised controlled trial of family therapy vs. treatment as usual for young people seen after second or subsequent episodes of self harm



START - A collaborative evaluation of multi systemic therapy in the UK context

VORAMMS – The validation of new risk assessment instruments for use with patients discharged from medium secure services

Projects Coming Soon

DPIM – DNA polymorphisms in mental illness



PARADES – Parades study on Bipolar – Advance Directive Evaluation

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

AMICUS – Amisulpride augmentation in clozapine-unresponsive schizophrenia

ACTIONS – Antidepressant controlled trial for negative symptoms in schizophrenia

MIFALC – Glucocorticoid receptor antagonism and cognition in alcoholics

REFOCUS – Developing a recovery focus in mental health services in England (Survey)

BIDS – Best Interests Decisions Study

SELF HARM STUDY - Screening for the risk of Self Harm in an Offender Population

PERINATAL STUDY - Risk factors of perinatal mental disorders V1



Projects Now Closed

Recruitment to the following studies has now ended. We would like to take this opportunity to say thank you to everyone who has supported, worked on and participated in these important studies.

AESOPS - The effectiveness and cost effectiveness of opportunistic screening and stepped care interventions for older hazardous alcohol users in primary care

BAT - Effective therapy for anxiety in young people with Autism Spectrum Disorder

VIEWPOINT - Mental Health Survey of Experiences of Stigma and Discrimination in England

Meet the New Team

We welcome two new starters in Stockton and Newcastle



Name: Keith Bryce

Position: E-Science Officer

Base: Stockton

I'm a 27 year old applications developer who comes from Hamilton, near Glasgow. I've been working as a developer for the West of Scotland Cancer Network for the past five years. I'm moving down to the Middlesbrough area to be with my wife who is a doctor in the area. I'm looking forward to the new challenges this job will bring.

In my spare time I like reading, playing games and keeping up to date with the latest computer technology. I'm looking forward to getting started in my new post and gaining IT experience in new areas of development and quickly becoming part of the team.

Name: Emily Wood

Position: Trainee Clinical Studies Officer

Base: Newcastle



I studied psychology at Cardiff University then did an MSc in Health Psychology at Southampton after working as a support assistant for adults with learning disabilities. I was one of the first cohort of Primary Care Graduate Mental Health Workers in the North East, working in Hartlepool for the Primary Care Mental Health Team between 2005-2008. In 2008 I moved to an assistant psychologist position at The Riding, Prudhoe Hospital, which is an inpatient assessment unit for children with learning disabilities and challenging behaviour.

In 2009 I moved to an assistant psychologist position at Stephenson House, also at Prudhoe Hospital. Although I have really enjoyed clinical work I thought it would be useful to broaden my horizons and gain more insight into the world of mental health research.

I am excited that my new role for the MHRN will enable me to get involved in large scale research projects and help develop the evidence base for effective treatments. In my spare time I'm learning to play ukulele in a class at the Sage, which is heaps of fun, play badminton and unwind by going to yoga.

INVOLVE Conference Report



By Anna Massey



INVOLVE is a national advisory group which supports greater public involvement in NHS, public health and social care research. INVOLVE is funded by the National Institute for Health Research (NIHR)

INVOLVE works with others towards creating the research community of the future where the entire research process is focused on what is important to people and is therefore more relevant and acceptable to the users of services.

Delegates included members of the public, service users, carers, researchers, research commissioners and representatives of voluntary sector organisations. The aim was to encourage the sharing of knowledge and learning. The focus of this 7th Biennial Conference was on innovation and the ways in which the public are involved in research and also understanding the impact of public involvement - how it makes a difference.



Delegates selected from a packed programme of over 80 themed paper or workshop presentations plus 28 posters. Presentations included innovative examples of the practical impact of involvement, from capturing service user knowledge of living with psychosis to inform practice and self help, to a DVD showcasing young people led research in North Tyneside with a potentially major impact for transitional care, to a project on service users and carers

views on Electro-Convulsive Therapy (ECT) and its direct impact on policy.

Having attended the previous conference in 2008 where presentations often reflected the tentative first steps of trying to get together with service users and carers it was interesting to see how much progress had been made towards INVOLVE's vision of a research Community of the Future. It was generally recognized that the change was a result of a combination of bottom up demand from service users and carers and top down encouragement from government and funding bodies whereby researchers who fail to demonstrate meaningful involvement will find it difficult to attract funding.



However this not to say that there are still not mountains to move. There were also examples of the difficulties faced by service users and carers who wished to lead research themselves. Their methods and expertise were often poorly understood by conventional funding bodies, ethics committees and journals where decision makers still have a more time honoured view of the world. It will be interesting to see if these experiences are still being repeated at the 2012 conference.

Northumberland Tyne and Wear Research and Clinical Effectiveness Conference Report

By Alissa Harrison

The Conference was held on the 02nd November 2010 at Kirkley Hall, Ponteland and was a great opportunity to showcase current active research within NTW NHS Foundation Trust. With the government announcement of an increase in spending on health research in real terms, this enables us to advance mental health research and helps us lead the way in pulling basic scientific advances through into benefits for patients and the economy.

Highlights of the day include:

Review of studies in Bi-Polar Disorder: Collaboration between Newcastle University, NTW and the MHRN.

(Prof Nicol Ferrier)

Professor Ferrier talked about 5 separate studies that were taking place in these organisations namely the RU486, Cequel, ABC, BDRN and PREDIQT studies and stated that collaborative approaches should and will be an important part of the Trusts research strategy.

Antiglucocorticoid augmentation of Antidepressants in Depression (ADD) Study

(Paul Sigalas/Stuart Watson)

Up to 15% of the population may develop major depression and it is the 04th most common cause of loss of disability-adjusted life years across the world. This study looks to determine whether Metyrapone is effective in a UK Primary care and outpatient setting.

Surveillance of Paediatric Bipolar 1 Disorder

(Adi Sharma/Dr Joanne Neely)

There is no published research on the incidence of PBID in the UK. This study looks into estimating the incidence of first diagnosis of PBID in children and adolescents under 16 years old in the UK and Ireland, determining symptom and diagnostic profile and the short term and intermediate management strategies.

Understanding and Managing anxiety in young people with ASD (Autism Spectrum Disorder)

Helen McConachie/Eleanor McLaughlin)

This study looks at raising awareness and understanding types of anxiety experienced by young people with ASD.



Clinical trials in Dementia

(Dr Bob Barber)

Dr Barber talked about the advantages of trials in Dementia and how they can help patients and families with access to novel treatments and improved outcomes and also organisations by making them part of a vibrant research community and enabling wider economic and scientific impact.

Research infrastructure and the CLRN

(Justine Smith)

Justine spoke about the CLRN remit, funding, and the support available. They are also the primary vehicle for NHS research infrastructure, working in partnership with established networks and working across primary, secondary, tertiary care and mental health. They support a portfolio of high quality studies (commercial and non commercial).

Designing Emancipatory Action Research with Mental Health Service Users and Carers

(Dr Toby Brandon)

The intention of this project is to conduct 'authentic' service user/carers led research - utilising emancipatory action research both locally and nationally.

Patient Voice - 'Points of You'

(Nicola Armstrong/Angela Glascott)

An interesting presentation which highlighted comments from Service Users and Carers using a series of feedback cards across the region.



Farewell to Martin Wheatman



Sadly, Martin Wheatman, Clinical Studies Officer in Newcastle is leaving us for new pastures. He talks to us about his time at the hub and hopes for his future role as an IAPT High Intensity Trainee.

My Clinical Studies Officer secondment with the MHRN has been a great experience. I've been able to access good quality training in Information Governance, Good Practice in Clinical Trials(GCP), Mental capacity and informed consent and have been supported to do a Postgrad project and a module in statistics. I've also been able to attend conferences I probably would not have got to as a care coordinator and met some of the most influential published researchers.



Even in these financially difficult times mental health research is still a national funding priority and the North East hub is still expanding in its business and staffing. So for those considering a career move or wanting to broaden their experience I would recommend applying for a secondment.

I've learnt a lot about the challenges of Implementing large scale research within NTW. You need friendly persistence and resilience in this job as most clinicians are understandably reluctant to commit to what they perceive as extra work. Currently we have the additional challenge of trying to engage re-structuring services with changing personnel and demanding targets. Related to this is the problem of reconciling research protocols with reality.

Often the research problem was identified and the study designed some years before the local recruitment phase. This can mean that the question is now less relevant or the protocol has to be changed to address changes in services or clinical practice making the research cycle even longer. We have a role in helping research teams to identify when changes are needed by providing data on recruitment activities and results, and anecdotal feedback from clinicians.

Another challenge arises from clinicians being understandably protective of their patients and reluctant to ask them to consider participating in research.

We take the view that choice is empowering. I have found that many service users take pride in participating in research and value the activities and extra contact associated with it.

We try to do as much of the research related work for busy clinicians as we can and often just need permission to search notes or write to a service user. For ambitious clinicians research participation is a way of gaining experience, refining their own practice and helping to shape the evidence base. It brings networking opportunities and looks good on your C.V.



For the Trust I think there is further potential to increase and embed research activity as some acute trusts have done. The good news is that research can generate income too.

Personally, having spent many hours wedged into the Tranwell Unit's Medical records room I would like to see the Clinical Information system evolve to make note screening easier and faster and for CSO's to have direct access to more of its auditing functions.

I'm returning to clinical practice in the new year as an IAPT (Improving Access to Psychological Therapies) High Intensity Trainee. But I look forward to collaborating with the MHRN in the not too distant future (as long as they bring cake).

The MHRN North East would like to thank Martin for all his hard work and valued input in the hub and wish him all the best in his new role.

Upcoming Events

Mental Health Research Network North East Service User and Carer Forum 2011



North East Hub
Mental Health Research Network

Friday 04th March 2011

10.00 - 3.30pm

Discovery Museum, Newcastle upon Tyne



REGISTRATION IS FREE
(Travel costs for Service Users/Carers will also be reimbursed)

This one day forum will bring together service users, carers, academics and professionals alike to discuss involvement opportunities, incentives for participation and raise awareness of studies within the MHRN North East.

FOR FURTHER DETAILS OR TO REGISTER YOUR ATTENDANCE PLEASE CONTACT:

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Mental Health
Research Network

Mental Health Research Network National Scientific Meeting



National Institute for
Health Research

06 – 08th April 2011

West Road Concert Hall, Kings College, Cambridge

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.

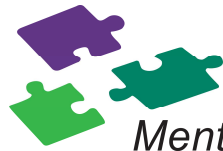
Meeting Theme is: 'Developmental and Youth Mental Health Research'



For more information please contact:

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*Mental Health
Research Network*

The UK Mental Health Research Network (MHRN) is part of and funded by the National Institute for Health Research (NIHR). The network provides the NHS infrastructure to support commercial and non-commercial large scale research in mental health, including clinical trials.

It is one of the topic specific networks under the umbrella of the UK Clinical Research Network (UKCRN) and is managed by a partnership between the Institute of Psychiatry, Kings College London and the University of Manchester

Get your story or event heard!

If you have a story, event or study you would like to appear in the North East Hub newsletter please contact:

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Tel: 0191 2563291

In The Next Issue

- ***Viewpoint - The final report***
- ***ACTION Study***
- ***Service User & Carer Update***

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