



**West Hub**  
Mental Health Research Network

**NHS**  
National Institute for  
Health Research

ISSUE 4

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# West Hub News

APRIL 2011

## WELCOME

Welcome to the Spring edition of West Hub News. These are changing times in the Hub and since the last edition we have welcomed a new Hub Lead (Dr Jonathan Evans) and a new Primary Care Lead (Dr David Kessler). Bristol based staff have also moved offices, only down the road to somewhere slightly less grand but far more accommodating of our ever growing numbers.



Hub staff have been busy preparing for our annual research day, this year being held in Exeter. The number of delegates has increased by around 50% and writing this days before the big event we hope that it will run as successfully as in previous years.

There has been plenty of action on the service user front as well, with CSO Nathan Filer filling the vacant Service User and Carer Development worker role in a caretaker capacity on a temporary basis. The Service User steering group has continued to meet, we have been advertising for a new Lead Service User Representative to an overwhelmingly positive response & have launched a new service for researchers, where they can have their patient materials reviewed by Service Users prior to ethics submission with a speedy turnaround of seven days.

Highlights in this issue include a spotlight on the furthest county of our Hub – Cornwall where a small stronghold of staff have been busily working away to increase the amount of research being done in this remote county. Anecdotally we often hear that the further from the academic centre research is happening the better recruitment is & I think we can safely say that our Cornish colleagues are among our most enthusiastic. This leads nicely onto an article on page three where we make a plea for clinicians to get involved in our research. There are so many different ways to get involved & and studies in subject areas to suit every interest.

### Since last time...

Richard Munday, our E-Science Officer has departed West Hub to join the bright city lights of the North London Hub, we'd like to thank Richard for his constant enthusiasm and chirpy helpfulness and wish him the best of luck with our London Colleagues.

CSO Nathan Filer has taken on the role of Service User and Carer Development worker in a caretaker capacity temporarily. Nathan has been kept very busy

recruiting a new Lead Service User Representative and setting up a new patient document checking service for researchers.

We sadly say goodbye to our Hub Lead Professor Glyn Lewis, who after leading the Hub from its inception has stepped down from the role. We are delighted to introduce Dr Jonathan Evans as his successor.

We are also delighted to introduce Dr David Kessler

as the new Primary Care Lead, due to his predecessor Professor Debbie Sharp (who has also been with us since the start of the Hub) stepping down.



*Dr Jonathan Evans  
-New Hub Lead*

*Dr David Kessler -  
New Primary Care  
Lead*



# Cornwall Partnership NHS Foundation Trust

Cornwall stretches from over the Tamar Bridge down to Penzance and the Isles of Scilly, 28 miles off its coast, in total an area of 1,376 square miles. Cornwall's population is 531,100 people, although this grows, particularly in the summer, with the arrival of around 5 million visitors each year. Cornwall is one of the most deprived areas in the UK, in fact it doesn't fare that well compared to most of Europe. On average earnings were 25% below the UK national average in 2002 and the trend seems to indicate this gap is growing. All this in the context of higher than average cost of living and house prices and above average levels of unemployment. <sup>(1)</sup>



Although Cornwall might appear to be an ideal place to live, these social factors adversely affect the mental health of the Cornish population. The county has a significantly higher number of people claiming sickness benefit due to mental illness than the English average. Suicide rates in Cornwall and the Isles of Scilly have been consistently higher than the national average over recent years. There are approximately 60-70 deaths each year in Cornwall attributed to suicide and injury of undetermined intent. <sup>(2)</sup>



Cornwall Partnership NHS Foundation Trust is the principle provider of mental health and learning disability services to people living in Cornwall and the Isles of Scilly. These services include drug and alcohol and eating disorder services to both adults and children. The Trust was approved as a Foundation Trust in March 2010. It employs nearly 1,400 people and with an annual budget in the region of £86 million is one of the largest local employers.

The West Hub is represented by three Clinical Studies Officers: Sara Clayton and Jon Allard (job share) and Clare Dale (full time). We also have a part-time administrator, Susan Lancaster. Our Trust Research and Development Director is Dr Laugharne.

A major project running in Cornwall was the National EDEN Project - a National Evaluation of Early Intervention in Psychosis. Super EDEN, a follow up of this cohort is due to start in late 2011.

Currently, we are involved in eight studies including OASIS, looking at the safety of Seroquel; OCTET, a Community Treatment Order study and HoMaS2 looking at hospital management of self harm.



Part of our role has been to meet with Consultant Psychiatrists and in doing so we have met with a very 'pro-research' group of people who are interested in taking on studies across disciplines from older people's mental health to learning disabilities. As a team we are looking forward to expanding the number and areas of studies we are involved in.

For more information, contact the West Hub on 0117 331 3363 or Email [westhub-mhrn@bristol.ac.uk](mailto:westhub-mhrn@bristol.ac.uk)

## References

1 Community Intelligence Team-Cornwall County Council- December 2009

2 Community Intelligence Team-Focus on mentally healthy adults-Cornwall County Council-December 2009

# Wanted: Clinicians to support Research

*Whilst the Mental Health Research Network needs Clinicians to provide support to its portfolio of research, the Clinicians who provide the support can also greatly benefit.*

## Why should clinicians get involved in Research?

Whilst some clinical posts require post holders to allocate specific time each week to research, the MHRN has many studies which would benefit from additional support from clinicians. By providing information to clinicians about research studies which are in need of extra help both the clinician and the MHRN can benefit.

## The types of help required....

The West Hub is always on the lookout for clinicians who would be interested in becoming either a Principle Investigator (P.I.) or a Local Collaborator (L.C.). As a P. I. a clinician would have local responsibility for overseeing a research study which involves a medicinal product. An L.C. would have local responsibility for overseeing a study that does not involve a medicinal product.

In essence the P.I. or L.C. is the person at each site responsible for the day to day running of the research project. The P.I. or L.C. has responsibility for ensuring that the dignity, rights, safety and well being of study participants are given priority at all times. If this sounds daunting our team of Clinical Studies Officers are available to provide help and support.

Taking on the role of P.I. or L.C. would typically involve working with the MHRN to ensure ethical approvals and R&D approvals are in place; promoting the study among peers; actively recruiting participants to the study; if recruitment is slow the PI or LC would work with the MHRN

and the study team to resolve this.

If this all sounds like too much, the MHRN would love to hear from anyone who is interested in research but would prefer a smaller role; for example talking to a patient who has a diagnoses of Bipolar or Schizophrenia about a particular study they could participate in would be really helpful.

In return for any support given the mental Health Research Network can provide free training, for example training on Good Clinical Practice and Taking Informed Consent.

Those who take on the role of PI or LC would be eligible to apply for additional funding to support their involvement in research.

And of course Research counts towards a clinicians career development portfolio.

It is also worth considering that research generates a considerable amount of income; every individual recruited into a study will bring money to their Trust. So, by helping to recruit participants, clinicians are boosting Trust income.

Ultimately strong research is essential to shaping and informing clinical practice. Increasing the contribution of psychiatrists and other mental health professionals in the research process will promote research with direct clinical relevance and so better contribute towards improving the lives of service users.

## For further information....

Contact Kate Brooks on [kate.brooks@bristol.ac.uk](mailto:kate.brooks@bristol.ac.uk) or telephone 0117 3313374



## New West Hub Studies

There are 9 new studies in the West Hub portfolio since the last newsletter.

**PARADES** Study on Bipolar Disorder – Advance Directive Evaluation. To investigate whether people with bipolar disorder are using the Mental Capacity Act 2005 to plan in advance for the intense phases of the condition. (Seeking expressions of interest from potential PIs)

**ECHO:** 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? (Early set up)

**AMICUS** Amisulpride augmentation in clozapine-unresponsive schizophrenia. (Looking for PIs)

**BIDS** Best Interests Decisions Study. Aiming to gain information and understanding about how best interests decisions are being made. (Still recruiting professionals who work in health, social care services or property & affairs in Dorset).

**FEP 1:** Follow-Up of First Episode Psychosis in East London (Mapping)

**GMWDO9126:** Treatment of weight gain and dyslipidaemia in people treated with olanzapine for schizophrenia. (Looking for PIs)

**ShireClear** Consortium for the Lifespan Examination of ADHD Registry (CLEAR) Study: An International, Longitudinal, Observational Study of Individuals with Attention Deficit Hyperactivity Disorder (ADHD) (Early set up)

**Risk factors of perinatal mental disorders** (Early set up)

**Agomelatine programme of paediatric studies** (Feasibility)

## West Hub Studies Currently Receiving CSO Support

ANTICIPATE

**Anticipate** A randomised trial of cognitive therapy for antenatal depression.

**Atomoxetine HSEN** Trial of atomoxetine for ADHD in children with special needs.

**CADET** Multi-centre randomised controlled trial of collaborative care for depression.

**CASIS** A randomised pragmatic controlled trial comparing the cost effectiveness of supplementing standard care with an intervention for carers of people with severe anorexia nervosa (inpatients).

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

**COBALT** Cognitive behavioural therapy as an adjunct to pharmacotherapy for treatment resistant depression in primary care: a randomised controlled trial.

**CONTACT** Development of an intervention aimed at reducing the risk of suicide following psychiatric inpatient discharge (part of **National SPS**)

**CONFIDENTIAL INQUIRY** into the Death of People with Learning Disabilities. The Confidential Inquiry was commissioned by the Department of Health and is managed by a team from the Norah Fry Research Centre at Bristol University. The deaths of all people with learning disabilities from the Avon area are reviewed in-depth.

**END** Education Not Discrimination: Time to Change. An assessment of an intervention aimed at reducing stigma of mental illness.

**FEP study** The role of Primary Care for young people with First Episode Psychosis.

F I A T

**Financial incentives** to improve adherence to anti-psychotic medication in non-adherent patients – a cluster randomised controlled trial.

**HoMaSH 2** Variations in self harm delivery.

**Healthlines Study** widening the role of NHS Direct to support long-term health

**IPSM** Staff morale in mental health inpatient care

**Linking Cognition and Genetic in Schizophrenia and Bipolar** Genetic susceptibility to Cognitive Deficits across the Schizophrenia / Bipolar Disorder Diagnostic Divide

**LPOP** Service mapping 2010: The gathering and synthesis of existing data on the nature and impacts of specialist liaison older people's mental health teams who work in general hospitals

**Molecular genetic investigation of Bipolar Disorder** and related mood disorders

**MPTW** Effectiveness of Multi-Professional Team Working in mental health care.

**National EDEN** A National evaluation of early intervention for psychosis services: DUP, Service Engagement and Outcome.

**National Trends & Local Delivery in Old Age Mental Health Services: Towards and Evidence Base (Strand 1)**

**NCISH** National confidential inquiry into suicide and homicide by people with mental illness

**OASIS** Observational Assessment of Safety in Seroquel. Patients monitored for 12 weeks.

**OCTET** The Oxford Community Treatment Order Evaluation Trial.

**fiat** financial incentives for adherence to treatment



**CEQUEL**

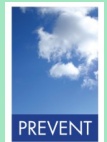
**COBALT**



**PARTNERS** Developing integrated care in Primary Care for people with serious mental illness.

**PET** A preliminary comparison of acute mental health inpatient wards which use protracted engagement time, with other wards delivering standard care alone.

**Prevent (MBCT)** Preventing depression relapse / recurrence in NHS settings through mindfulness-based cognitive therapy.



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



**REACT** The randomised evaluation of the effectiveness and acceptability of computerised therapy trial.

**REFOCUS** Developing a recovery focus in mental health services in England.

**reeact**

**SAGE2** A whole-genome linkage study of Attention Deficit Hyperactivity Disorder (ADHD) with antisocial behaviour as a covariate.

**SCH-3005** A study to assess the efficacy of paliperidone palmitate compare to treatment as usual with oral antipsychotic

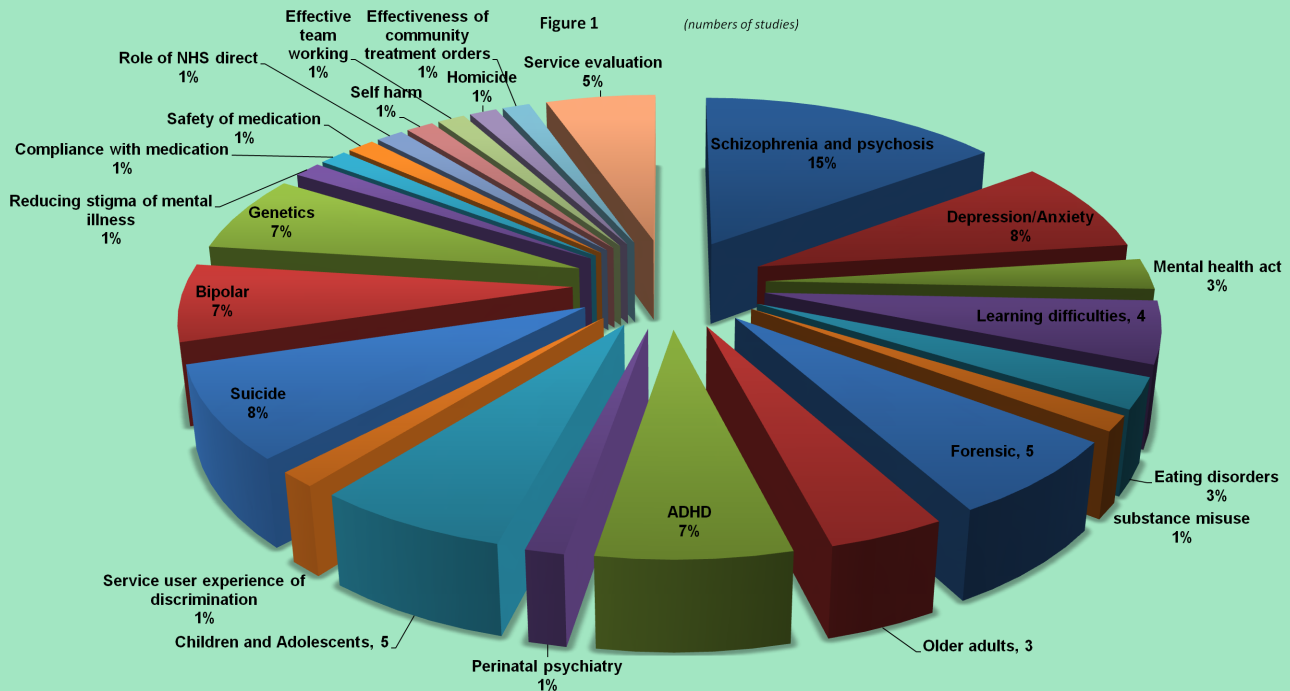
**TREAD** A pragmatic randomised controlled trial to evaluate exercise as a treatment for Depression.



For further information please contact our Senior Clinical

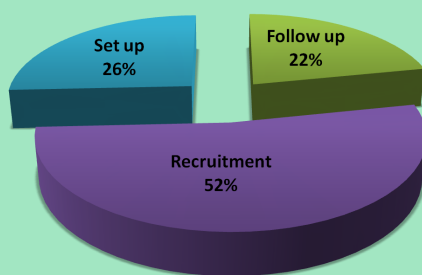
# Statistics of studies undertaken in the West Hub Region 2010

**Figure 1 :** Shows we have a wide range of studies within our portfolio covering many different subject areas.



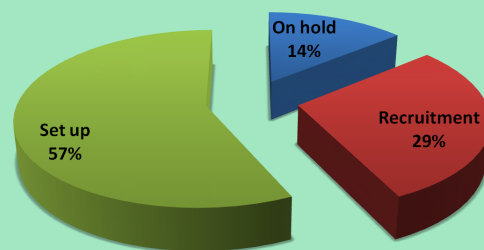
**Figure 2 :** Study stage. West Hub CSOs work to support studies through set up and into recruitment. Where we have capacity our CSOs also help with follow up.

**Figure 2 : Stage of Study**

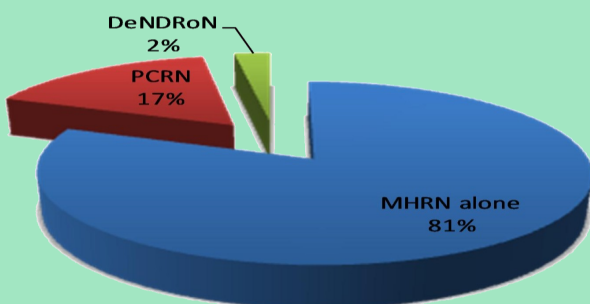


**Figure 3 :** We also work with industry, supporting studies which test the effectiveness and safety of medications and which increase knowledge about specific disease areas and treatment types.

**Figure 3 : Industry Studies**



**Figure 4**



**Figure 4 :** Co-adopted Studies. The MHRN does not always work alone. We often work in collaboration with the Primary Care research Network and with the Dementia and Neurodegenerative Disease Research Network (DeNDRoN) studies which run on multiple networks are known as co-adopted.

## HAVE YOU HAD PSYCHOSIS OR BEEN DIAGNOSED WITH SCHIZOPHRENIA?

*If yes, we'd really like to hear from you, to invite you to take part in our research.*

The West Hub is supporting a study investigating how people with **psychosis** and **schizophrenia** perform on a series of tasks of **concentration**, **memory** and **thinking skills**.

The trial is being run by the Department of Psychological Medicine at Cardiff University and has already recruited over **350** participants in and around Cardiff. It is now extending across the bridge and we're hoping to recruit volunteers in Bristol, Somerset and Wiltshire.

### *What's involved in taking part?*

Participants meet with a researcher for 2 to 3 hours. This meeting involves;

- An **informal interview** to talk about your background and symptoms.
- Completing a **set of basic tasks** which examine your thinking skills.
- Completing some brief **questionnaires**.

The study is also looking at the influence of genes on the performance of the tasks. This will involve giving a small sample of blood.

### *What's this all for?*

Psychotic illness impacts on many lives. It is hoped that this research will help us understand the causes of these conditions and inform the development of new treatments. Without the commitment of volunteer participants we are unable to carry out this work.

If you live in the region and are interested in taking part - or would just like some more information please contact the research team on **Tel: 029 2074 4392** or

**Email: [psychosisresearch@cardiff.ac.uk](mailto:psychosisresearch@cardiff.ac.uk)** . If you prefer, it is fine for your doctor or mental health worker to contact us on your behalf.



**All participants who complete the interview will be reimbursed £15 for their time**

## **Are you a researcher designing a new trial in mental health? We can help you.**

The West Hub is launching a new service to help you secure rapid **regulatory approvals** for your research, whilst bolstering **service user** involvement... And it's **free**.

**STEP 1:** Send us your Patient Information Sheets and Consent forms.

**STEP 2:** We will arrange for your documents to be reviewed by service user who have received specialist training to give constructive advice on how to improve them.

**STEP 3:** Receive your feedback document within 7 working days.

This service will benefit you in two ways: firstly by resolving some of the issues that concern RECs about patient materials, giving you the time to make any necessary changes to help to speed up your REC approval; and secondly by increasing the Patient and Public Involvement (PPI) aspect of your research project. This service is offered at no cost to you and is open to all researchers throughout the west region.

For more information or an informal chat about the service please contact: [Nathan.Filer@bristol.ac.uk](mailto:Nathan.Filer@bristol.ac.uk)  
Tel: 01173 313368

## How the MHRN can help your project

If your mental health or social care project has been adopted by the MHRN, the West Hub can help with the following:



**Study set up** – our clinical studies officers (CSOs) can help complete R&D and Site Specific Information forms



**Recruitment** – CSOs are able to assist with identifying potential participants, note searches, baseline assessments and recruiting clinicians to refer patients



**Expert advice** – we have social care and primary care leads who can provide valuable advice for projects in these settings



**Communications** – the network can be used to increase publicity for the study; study publications can be advertised on the MHRN website

If your study is in the design phase and has not yet been adopted by the MHRN, we can help to point you in the right direction of other specialist support services such as the NIHR Research Design Service. We can also advise you at this stage whether your project would be eligible for adoption by the network.

In addition, each MHRN hub has good links with other NIHR networks and local mental health teams that we could put you in touch with. It can also help you to make contact with R&D offices for issues such as honorary contracts and with Comprehensive Local Research Networks for assistance with financial matters such as service support costs.

**For more information contact us at: [westhub-mhrn@bristol.ac.uk](mailto:westhub-mhrn@bristol.ac.uk) or telephone: 0117 3313363**

## Contact the Hub

**Hub Lead:** Dr Jonathan Evans

**Deputy Lead:** Dr Peter Aitken

**Hub Manager:** Chantal Sunter; [chantal.sunter@bristol.ac.uk](mailto:chantal.sunter@bristol.ac.uk)

**Senior Clinical Studies Officer:** Kate Brooks; [kate.brooks@bristol.ac.uk](mailto:kate.brooks@bristol.ac.uk)

**Primary Care Lead:** Dr David Kessler

**Social Care Lead:** Professor John Carpenter

**Service User and Carer Development Worker:** Nathan Filer (temporary)

### Clinical Studies Officers:

Davina Chauhan (Bristol), Joy Farrimond (Bristol), Nathan Filer (Bristol), Lone Gale (Bristol), Clare Sandham (Bristol), Sheila Shatford (Bristol), Siobhan Holloway \* (nee Floyd) (Bristol), Michelle Phillips \* (Bristol), Alice Garrod (Exeter), Sian Lison (Exeter), Genevieve Riley (Glos), Clare Dale (Cornwall), Sara Clayton (Cornwall), Jon Allard (Cornwall), Jamie Pratt (Hampshire)

**e-Science Officer:** position vacant

**Administrator:** Clair Dunbavand; [westhub-mhrn@bristol.ac.uk](mailto:westhub-mhrn@bristol.ac.uk) Tel: 0117 3313363

**Consortium Clinical Sites:** [Avon and Wiltshire Mental Health Partnership NHS Trust \(AWP\)](#), [Devon Partnership NHS Trust](#), [Cornwall Partnership NHS Foundation Trust](#)

**Linked Clinical Sites:** [University of Southampton \(in collaboration with the Southampton Mental Health and Primary Care Partnership\)](#), [2gether NHS Foundation Trust \(Gloucestershire\)](#)

**Academic:** [University of Bristol](#), [University of Bath](#), [University of West of England](#), [Peninsula Medical School](#), [University of Exeter](#), [University of Plymouth](#), [University of Southampton](#), [University of Gloucestershire](#)

**Web address for the west hub:** <http://www.mhrn.info/index/research/west.html>



\* Siobhan and Michelle are AWP CSO's employed to work on MHRN & DeNDRoN studies



**West Hub**  
Mental Health Research Network

## West Hub Register of Research Interests

If you are interested in being added to our database to receive future newsletters and information, please complete this form. Once we have your details we will circulate information about potential trials of interest to you as and when they are adopted by the Mental Health Research Network. Please return your form by post or email (details at the bottom of the form).

### 1. Contact Details:

Name	
Address	
Email	
Telephone	
Principal Employer	
Job Role	

### 3a. Research Interests (please tick):

Primary Care :       Old Age:       Social Care:   
Adult (general):       Child & Mental Health Services:

### 3b. Specialist Interests:

Rehabilitation:	<input type="checkbox"/>	Schizophrenia	<input type="checkbox"/>
General Psychiatry:	<input type="checkbox"/>	Bipolar	<input type="checkbox"/>
Personality Disorders:	<input type="checkbox"/>	Other (specify)	<input type="checkbox"/>
Forensic Psychiatry:	<input type="checkbox"/>		
Learning Disability	<input type="checkbox"/>		
Eating Disorders:	<input type="checkbox"/>		
Child and Adolescent Psychiatry:	<input type="checkbox"/>		
Old Age Psychiatry:	<input type="checkbox"/>		
Primary Care Psychiatry:	<input type="checkbox"/>		
Substance Misuse:	<input type="checkbox"/>		
Creative Therapies:	<input type="checkbox"/>		

THANK YOU.

#### **Completed forms should be sent to:**

Clair Dunbavand  
West Hub MHRN, Academic Unit of Psychiatry,  
Oakfield House, Oakfield Grove, Bristol, BS8 2BN  
Tel 0117 3313363