

# Research Newsletter

Issue 4, 2023 (December)



## Foreword by Cathryn Hart, Assistant Director Research and Development

As we reach the end of the year it's a wonderful time to celebrate our achievements and to look to the future. In 2023 we have taken part in exciting research across all of our clinical divisions, and over fifty per cent of studies involve new treatment interventions. This means our communities are being offered the chance to potentially benefit from treatments they wouldn't have had access to if it wasn't for us taking part in high quality national research studies.

We were also the first Trust to take part in a national pilot to embed research into mental health student nurse training. This means that research becomes an integral part of the clinical placement with our Trust and student nurses view research as a core part of their clinical role. The feedback we received from our first group of student nurses was super positive and so we'll be continuing to offer these placements during 2024.

It's also been my absolute pleasure in 2023 to be able to facilitate more Recovery College sessions on 'Living with Dementia' (and how you can get involved in research) with the amazing Dr Wendy Mitchell, Research Champion who is living with dementia. Our last session was held face-to-face and very popular. We were even being observed as part of a national research study; so I was a research participant myself that day!



In 2024 I'm looking forward to sharing more of our research with you at our Research Conference, so please do register to join us.

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

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

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

Our 2024 conference will be held as a blended event; at the Mercure Grange Park Hotel as well as being streamed live online.

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

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



Contact us: [HNF-TR.ResearchTeam@nhs.net](mailto:HNF-TR.ResearchTeam@nhs.net) or 01482 301726

## Current studies we need your help with please

### Diamonds: a new support programme to help people with diabetes and mental health issues

This study is trialling a diabetes self-management programme tailored to address the unique challenges of people with mental health difficulties and diabetes.

Those taking part will have a 50/50 chance of receiving up to 6 months of additional support with a trained coach as part of the study intervention.

Everyone will be asked some questions and have some health tests at the start of the study and at six and 12 months later. They will also be offered two £10 gift vouchers (at six and 12 months) to thank them for their contribution.

People are also asked to wear a wrist-band for one week. This measures if people are moving or staying still throughout the day. However, it does not track where they are or record any other information.

Taking part could help improve future support for people who have diabetes and a mental health issues.



## moreRESPECT Study

Research shows that people with severe mental health issues have significant unmet needs in terms of physical health when compared to the general population. Although initiatives have started to address this, sexual health has been missed off the agenda. Positive sexual relationships are important, but this is rarely talked about in routine mental health care. People can be unaware of important information such as where to get sexual health advice, how to reduce risk of sexually transmitted infections, contraceptive choices and finding relationships that are mutually respectful; rather than exploitative and abusive.

This study is looking at whether an intervention to promote sexual health for people with severe mental health issues, is clinically and cost-effective? It will evaluate whether a 3-session support package can improve sexual health in comparison to usual care.

People aged 16 years and over, diagnosed with a severe mental health issue and in receipt of care from any of our adult community mental health services, is eligible to take part.



## Findings

**LIGHTmind research study**, which our Trust took part in, found that:

People experiencing mild to moderate depression receiving one-to-one clinician-supported mindfulness self-help were significantly less depressed 16 weeks after the intervention started, compared to people receiving clinician-supported CBT self-help.

Further information is available via these links:

[LIGHTmind2 - the benefits of guided mindfulness-based CBT in treating depression in adults - YouTube](#)

[Depression: Mindfulness-based CBT can help \(nih.ac.uk\)](#)

[Clinical Effectiveness and Cost-Effectiveness of Supported Mindfulness-Based Cognitive Therapy Self-help Compared With Supported Cognitive Behavioral Therapy Self-help for Adults Experiencing Depression: The Low-Intensity Guided Help Through Mindfulness \(LIGHTMind\) Randomized Clinical Trial | Depressive Disorders | JAMA Psychiatry | JAMA Network](#)

## Research Community of Practice Session

The next Research Community of Practice Session will be held on:

**Tues 19 March, 13:30-14:30**

Invitations to this session will be sent out via our Communications Team nearer the date.



Follow us on Twitter @ResearchHumber

## Coming soon

### Behavioural Activation for Young people with depression in specialist child and adolescent mental health services

Rates of emotional disorders in young people have been increasing and the COVID-19 pandemic has disproportionately affected the mental health of young people with record levels of demand. The BAY Trial aims to respond to this need.



This research study will invite young people aged 11-17 years within our CAMHS services to take part in up to 8 sessions of Behavioural activation (BA) therapy – a type of therapy that helps improve mood by encouraging people to take part in activities they once enjoyed, gave them a sense of achievement or helped them feel close to people.

This therapy is known to be effective in adults with low mood, but its effects are relatively unknown in young people. Comparisons between BA therapy and other forms of support usually offered to young people with low mood, will be done by collecting information through questionnaires/interviews at regular intervals throughout the study. If BA is effective and cost-effective, this could increase access to a treatment that can be delivered at scale as a first-line intervention in CAMHS.

## Dr Wendy Mitchell's talk with AgeUK group

In November, Dr Wendy Mitchell, Trust Research Champion, was invited to the AgeUK group session in Brough, to speak about her life living with dementia.

Wendy's inspiring talk and encouraging discussion provided 'hints and tips' on how to live positively with the diagnosis. She ended with an excerpt from her first of three Sunday Times best-selling books, relating to a funny tale about her daughter's cat, Billy, and how he became over fed! This brought a smile to many faces in the audience.

Our Research team were also there with a stand to promote current studies and 'Join Dementia Research' (JDR). They chatted to many people after Wendy's talk, helping to promote the benefits of taking part in research.



## Recent Publications involving our Trust



**Wolverson, E., Appleyard, S., Stirland, S. & Gower, Z. (2023).** The palliative care symptoms of people with dementia on admission to a mental health ward. *International Journal of Geriatric Psychiatry*, Vol 38 (9), <https://doi.org/10.1002/gps.5995>

Baker F.A., Pac Soo, V., Bloska, J et al. (2023) Home-based family caregiver-delivered music and reading interventions for people living with dementia (HOMESIDE trial): an international randomised controlled trial. *eClinicalMedicine* <https://doi.org/10.1016/j.eclinm.2023.102224>

## New Learning and Opportunity Directory

Yorkshire & Humber Clinical Research Network have developed a new Learning and Opportunity Directory (that provides links to available courses and content for staff to help them develop and maintain their research skills and knowledge. (most free of charge).

<https://sites.google.com/nih.ac.uk/crnyh-learningdirectory/home>

**NIHR** | National Institute for Health and Care Research



## Green for Health Research Conference

On 6 Dec several of our Research Team attended the 'Green for Health' Research event in York. This was a collaborative event developed between our Trust, Tees Esk and Wear Valley Teaching NHS Foundation Trust, the York Environmental Sustainability Institute (YESI) and the Institute for Mental Health Research (IMRY) at the University of York. The day showcased the breadth and wealth of research happening in Yorkshire and the North-East with a focus on nature and the outdoors. It was also a chance to network and inspire future research collaborations.



Photo courtesy of Paul Shields

Yorkshire and the North-East are well known for their national parks, breath-taking coastline and areas of outstanding natural beauty. They are also very diverse regions with large urban centres, underserved communities and significant health inequalities.

There is already a wealth of evidence to indicate that accessing nature and the outdoors can have a wide range of health and wellbeing benefits. On the day we heard from academics and clinicians across healthcare trusts and Universities, about the research they are undertaking to add to this growing evidence base. Our Trust was represented by Dr Hannah Armitt who helped develop the event and presented on the 'Co-production of a Nature Based Intervention for Children with ADHD Study (CONIFAS)'. Other inspiring presentations included biophilic design, green social prescribing and The University of Hull's Green2Gold research.

Following on from the success of this collaborative event it is hoped another event will follow in 2024. Contact Hannah.armitt@nhs.net.

## Claire Marshall presents at International Conference

Claire Marshall, Specialist Perinatal Mental Health Nurse, presented some of the research she has been collaborating on relating to fear of pregnancy/childbirth and trauma, at the Society for Reproductive and Infant Psychology conference in Switzerland, Sep 2023, for which she was awarded a full clinical bursary to cover all costs.



## New dementia research funded

FUNDED BY

**NIHR** | National Institute for Health and Care Research

### MELODIC - Music therapy Embedded in the Life of Dementia mental health Inpatient Care

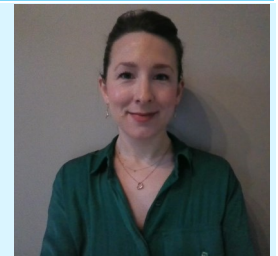
NIHR has funded a new major study investigating how music therapy can reduce patient distress and physical assaults on NHS inpatient wards for people with dementia. This is being led by Anglia Ruskin University's Cambridge Institute for Music Therapy Research, alongside Cambridgeshire and Peterborough NHS Foundation Trust, and in partnership with Humber Teaching NHS Foundation Trust and Dementia UK.

[Study to use music therapy to reduce distress in dementia wards | NIHR](#)

## Welcome

### Tracey Dorey

Tracey has recently joined our team as a Research Fellow,



working to support research grant applications in the Trust. She has worked in clinical and academic research in a variety of specialities for 13 years.

Tracey says: 'Research is critical in providing evidence to improve practice and outcomes. At the centre of this are the patients and public who have a really important role to play in actively shaping research. I am excited to join this fantastic research team in my new role, supporting and developing the excellent research undertaken in the Trust.'

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