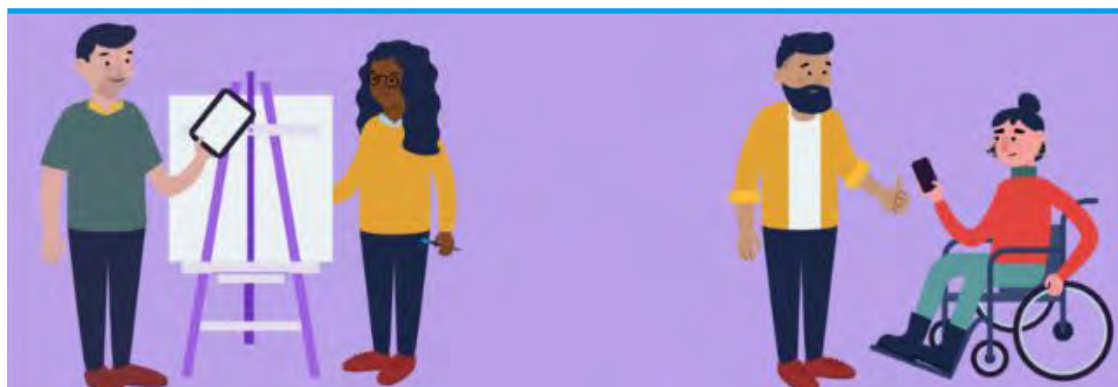


In the news...

The Institute of Mental Health seeks to help transform the understanding and treatment of mental illness.

We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

Institute celebrates Mental Health Research Matters Campaign



Colleagues across the Institute are joining in the conversation about why [Mental Health Research Matters](#) in a national autumn campaign launched by UK research and Innovation (UKRI) which began on World Mental Health Day.

From 10 October to 1 December, we're sharing research news, blogs, and case studies, demonstrating the value of mental health research and the people behind it.

[Continued on page 3](#)

In this issue...

- Institute celebrates Mental Health Research Matters
- Annual essay prize open for submissions
- Funding boost for neurodiversity research
- Centre director talks to the BBC for ADHD Awareness Month
- Early Career Researchers – new workshop series launched

Welcome

Our **November newsletter** shares updates and achievements from across the Institute of Mental Health and showcases the best in mental health research.

Professor Martin Orrell

Director, The Institute of Mental Health



Yet again we start an edition of our newsletter with news of more investment in research in the East Midlands, and in particular for teams in Nottingham. Last month's announcement that the Nottingham Biomedical Research Centre (BRC) has received significant funding (see opposite) follows on from the news earlier this year that the NIHR Nottingham Clinical Research Facility (CRF) is to be expanded to incorporate more experimental medicine research trials and will support early translational mental health studies for the first time.

Many colleagues from across the Institute of Mental Health will be working on projects linked to both the BRC and CRF, and the resources and collaborative opportunities that these newly funded facilities will bring can only strengthen and benefit our mental health research.

Our winter events programme includes three major conferences

covering a broad range of mental health themes. From the neurobiology of schizophrenia, to working in prison mental health services and the latest discoveries in digital technology and mental health, all our events will be showcasing the work of researchers from across the University of Nottingham and Nottinghamshire Healthcare NHS Foundation Trust. Stay up to date with our events programme by signing up to our mailing list.

As this year comes to a close, I'd like to thank you for your continued support and interest in our work. The need for our research has never been greater.

Stay safe and well.

Please visit our website or follow us on Twitter @InstituteMH for all our latest news and updates.

Funding success for Nottingham's Biomedical Research Centre

A £23.3m investment in world-leading research in Nottingham has been made by the National Institute for Health & Social Care Research (NIHR). The award to our local NIHR Nottingham Biomedical Research Centre (BRC) comes as part of a national funding programme for translational research announced in October.

Professor Lucy Chappell, Chief Executive of the NIHR, said: "Research by NIHR Biomedical Research Centres has led to a number of ground-breaking new treatments, such as new gene therapies for haemophilia

and motor neurone disease, the world-first treatment for Creutzfeldt-Jakob disease, a nose-drop vaccine for whooping cough, and the first UK-wide study into the long-term impact of COVID-19."

Professor Richard Morriss, director of our Centre for Mood Disorders, and Professor Chris Hollis, director of NIHR MindTech will co-lead the Mental Health and Technology theme at the BRC, with MindTech's Dr Jen Martin as Research Theme Manager.



Read more at
[Institutemh.org.uk](https://www.institutemh.org.uk)

NIHR | Nottingham Biomedical Research Centre



Mental Health Research Matters

Continued from page 1

The theme for this year's World Mental Health Day was 'make mental health and wellbeing for all a global priority', and we're proud to partner with the World Health Organization (WHO) through our Centre for Mental Health and Human Rights. This year alone, our research has contributed to the development of WHO Quality Rights e-training on mental health, whilst the Centre's Lead for Public Education and Engagement, Dr Ahmed Hankir, was presented with a prestigious WHO Director-General's Health Leaders Award.

This year, we published our new five-year strategy, with a fresh vision to produce research that will inspire change and improve the mental health of people locally, nationally, and internationally. We also supported our partners at the WHO in the launch of their World Mental Health Report.

'Research is only useful if it is meaningful to the populations it serves'

A core theme of the #MentalHealthResearchMatters campaign is lived experience involvement. Here at the Institute we have a long history of public involvement in research, with a dedicated Public Involvement Co-ordinator and a Special Advisory Group made up of public contributors. Our colleagues have been recognised for

their dedication to meaningful involvement of participants in research, with many of our researchers using their own lived experience to shape their work and change lives.

"As mental health related stigma evolves so too must our approach to challenge it. People living with mental health conditions and psychosocial disabilities must be empowered to lead anti-stigma campaigns and conduct research on innovative stigma reduction interventions. For far too long, mental health - at all levels - has been relegated to the lowest tier. Enough is enough. On World Mental Health Day our clarion call is that mental health be regarded with the urgency and importance it demands and that it is prioritised at individual, local, national, and global levels."

Dr Ahmed Hankir, Lead for Public Education and Engagement, Institute of Mental Health Centre for Mental Health and Human Rights.

Despite Covid-19 we've continued to be at the forefront of mental health research, such as exploring non-pharmacological treatments for depression and investigating ways to improve access to Child and Adolescent Mental Health

Services. Our Centre for Social Futures recently collaborated with Aardman, co-producing a range of evidence-based animated stories with and for young people, aiming to increase mental health literacy by helping to recognise and manage many of the challenges young people face before they impact on mental health.

As we move into an exciting future of digital technology in healthcare, we'll be sharing the innovative developments being made by our friends at NIHR MindTech, as they host their 10th annual symposium. This and other events throughout the campaign will be an opportunity to showcase the breadth of our research and demonstrate why mental health research matters more than ever.

Follow us on twitter @InstituteMH and join in the conversation on social media with #MentalHealthResearchMatters.



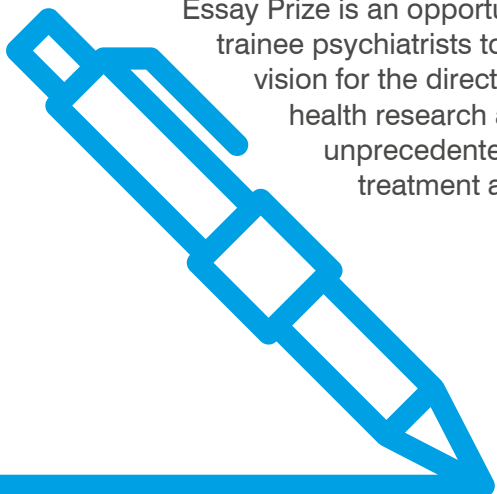
Annual essay prize open for submissions

The Institute of Mental Health's 2022 essay prize for psychiatry trainees is now open.

Each year, in partnership with the Royal College of Psychiatrists, we invite psychiatry trainees nationwide to submit a 1,000-word essay on the theme of:

"The next big thing in psychiatry research."

In celebration of a leading Nottingham psychiatrist, the annual Duncan Macmillan Essay Prize is an opportunity for trainee psychiatrists to share their vision for the direction of mental health research at a time of unprecedented demand for treatment and services.



"Entering the Duncan Macmillan Essay Prize was a great opportunity – I wrote on a topic I'm passionate about and learnt some interesting things along the way. The 1000-word limit is very manageable and gives a chance to practice academic writing skills. The prizes are well worth the effort and are an excellent addition to the CV. I put the prize money towards attending an international conference, continuing my professional development. I'd very much encourage my fellow trainees to apply."

*Dr Leigh Townsend,
2021 1st prize winner.*

Read last year's winning entries [here](#).

The first prize is £500, and the second prize is £250, both awarded as contributions to research-based expenses.

Entrants must submit a 1,000-word essay on the theme of, "The next big thing in psychiatry research" by 2 December 2022. For terms and conditions, and how to enter, [visit our website](#).

Centre director's personal blog about hearing loss

Professor Tom Dening, director of our Centre for Dementia, has written a candid account of hearing loss in a [new blog](#) for Lancaster University's 'Public Discourses of Dementia' project.

Tom describes his personal journey to hearing aids in the context of current research around hearing loss and dementia. In this warm and humorous account of his experience, Tom is a wonderful advocate for the importance of taking care of our hearing.



Dr Maddie Groom talks to the BBC for ADHD Awareness Month

Dr Maddie Groom, director of our Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL) spoke to the BBC recently about the complexities of diagnosing ADHD.



In a televised interview with BBC East Midlands Today as part of their coverage for ADHD Awareness Month, Maddie reflected on the story of a teacher who was diagnosed in adulthood. She talked about the key signs and symptoms, and the need for skilled clinicians to identify the condition.

This latest appearance follows Maddie's recent interview on local [BBC Radio Nottingham](#), highlighting the demand for information around ADHD. Researchers and clinicians at CANDAL, along with colleagues at the University of Nottingham and Nottinghamshire Healthcare NHS Foundation Trust, have led to Nottingham becoming a [city of expertise](#) in the field of ADHD.



To find out more about CANDAL, visit institutemh.org.uk

Prize-winning poster presentation

Congratulations to Abigail Lee who won first-prize for her virtual poster presentation at a recent conference.

Abigail, a PhD student at our Centre for Dementia and the University of Nottingham, presented her poster at this year's [Alzheimer Europe conference](#).

Titled “**Computer Technology: What do people with lived experience of dementia think?**”, the poster explored attitudes to computer technology in people living with dementia and their supporters. Topics included use of social media, internet confidence, and perceived barriers or facilitators to involvement with computer technology.

Results showed that the majority used computer technology daily, mainly for email and communication apps, and perceived themselves as quite knowledgeable. However, concerns about data privacy, software updates and general confusion over use prevented individuals' successful and effective engagement with technology.

Findings may inform future researchers of the thoughts around technology use in living with dementia and contribute to the understanding of how technological interventions could be successfully implemented in services.

IMH Early Career Researchers – new workshop series launched

Following the popularity of the workshop for our ECR's that we held in June, the Institute will now be programming a series of workshops to offer targeted, practical seminars focussed on topics relevant to those developing their post-doctoral career.

Our next “ECR CoLab” workshop will be held at 10.30am on Monday 21st November in the IMH A floor seminar rooms, and we will be welcoming Kirsty Sprange to introduce the Nottingham Clinical Trials Unit, Dr Fiona Ng who will share her early career research journey, and Prof Martin Orrell will be joining us for a funding application masterclass. These events are free to attend and open to anyone with a connection to the IMH who is studying for a PhD, or who is within the first few years of their post-doctoral work and transitioning to become an independent researcher.



Register online now

£1m funding boost to research domestic abuse support

In collaboration with the University of Birmingham, Centre for Health and Justice researchers have been awarded a £1million grant by the Home Office to conduct a trial of an app to support domestic abuse survivors.

WEPROTECT is a mobile app which can be accessed by frontline police officers as they attend domestic abuse incidents, enabling them to gather basic crucial details from the survivor, securing help and support within 24-36 hours. Without the app, the referral process can take up to two weeks. The research team will investigate whether using the WEPROTECT app reduces victimisation rates and improves the physical and mental health burden on survivors.



[Read more here](#)



Research shines a light on pain in tic disorders

Researchers from MindTech and the University of Nottingham have published findings on the impact and management of pain in tic disorders. Along with neurodiversity consultant Dr Seonaid Anderson, Dr Bethan Davies and Evangeline Taylor surveyed people with tics about their experience of pain. Their findings highlighted the complex and varied lived experience of people with tic disorders, along with the stigma associated with the condition, including from healthcare professionals.



Read more on this story at
mindtech.org

Centre of Excellence name change

Our Centre for Translational Neuroimaging and Mental Health is changing its name to Translational Neuroscience for Mental Health (TNMH).

Previously the letter N denoted Neuroimaging as many of the Centre's studies employed neuroimaging techniques. However, in recent years much of the Centre's research has also employed other neuroscience techniques including EEG, eye-movement tracking and cognitive psychology. The term Neuroscience embraces their work far more comprehensively. The collective team will continue to foster diverse aspects of neuroscience with the Institute, and where appropriate, to contribute neuroscientific expertise in collaborations with researchers from other IMH Centres.



Read more about the Centre
for TNMH's latest work

Institute researcher hosts podcast series

Dr Blandine French hosted a series of six podcasts for the Association for Child and Adolescent Mental Health (ACAMH) throughout October.

Based on both lived experience and knowledge gained through her research into ADHD, Blandine shared her expertise along with a panel of guest speakers for #ADHDAwarenessMonth.

'ADHD – a young person's guide' covers a range of topics including sleep, women and ADHD, getting the right support, and managing risky behaviour.



They are all available now and you can listen to them on your favourite podcast platform.
<https://www.acamh.org/category/podcasts/>



Funding boost for neurodiversity research

Congratulations to Dr Blandine French who has been awarded a new investigator grant to continue her pioneering research into neurodiversity diagnosis.

Following her work on Attention Deficit Hyperactivity Disorder (ADHD) referrals in primary care, Blandine will use the funding to investigate the social, personal, and economic costs of undiagnosed ADHD.

“No research to date has been done on the cost of undiagnosed ASD/ADHD. This new study will highlight the economic and societal cost of undiagnosed ASD/ADHD in order to give policy makers and healthcare providers the necessary information to justify funding appropriate services.”

Dr Blandine French

Currently in the UK, it is estimated that over 2.5 million neurodiverse adults have not received a diagnosis and therefore struggle to access care. The most common neurodevelopmental conditions, ADHD and autistic spectrum disorder (ASD), affect 5% and 1% of children and adults in the UK - on average one child per classroom.

This new project aims to investigate the long-term risks of undiagnosed ASD / ADHD, along with the individual, societal and economic costs of the issue.



To read the story in full,
visit [institutemh.org.uk](https://www.institutemh.org.uk)



Save the date!



Centre for Social Futures
**Discovery lecture: The history
of psychoactive drugs with
Professor Anna Greenwood
(Department of History,
University of Nottingham)**

On MS Teams, register your place
and receive the event link:
www.institutemh.org.uk/events



**Refocus on Recovery 2023:
Changing Conversations,
Fostering Connections,
Building Communities**

**In-person event at Crowne Plaza,
Wollaton Street, Nottingham,
NG1 5RH**

Registration and abstract
submission coming soon!

Wellcome funding for magnetic resonance spectroscopy project

A team from the Centre for Translational Neuroscience, led by Dr Claudia Danielmeier (School of Psychology) and Dr Zia Katshu (Division of Mental Health and Clinical Neuroscience), has been awarded £750,000 by the Wellcome Trust. The new funding will enable the team to develop a novel biomarker based on Dynamic Magnetic Resonance Spectroscopy to identify individuals with the potential to benefit from neuromodulation therapy for cognitive problems associated with psychosis.



New network launch event

A new network aiming to build capacity and bring together research, industry, clinical and patient communities to support the co-creation of novel neuromodulation therapies launches later this month.

Neuromod+

NEUROMOD+ is led by Imperial College, with colleagues from across the Institute of Mental Health, NIHR MindTech and the University of Nottingham, with Professor Marcus Kaiser as co-investigator. It will facilitate discussion and instigate new collaborative research partnerships, through a range of activities including co-creation events, workshops, and funding calls. The team invite you to join the online launch event, Tuesday 15 November, 10am–1pm. This interactive event will enable you to learn more about the network, find out about planned events and opportunities and share your ideas to help shape their vision and direction.

Please register online for the launch event and/or to sign up as a Network partner.

Institute researchers present at inaugural research conference

Institute researchers presented their work at the first National Rehabilitation Centre (NRC) research event, Rehabilitation research in practice: Motivation.

In September 2022, Dr Jacob Andrews (Research Fellow at MindTech, University of Nottingham) and Dr Blanca De Dios (Research Fellow at the Centre for Rehabilitation and Ageing Research, University of Nottingham) presented their work at the National Centre for Sport and Exercise Medicine (East Midlands), Loughborough University.

The event focused on motivation and adherence and was aimed at healthcare professionals and others interested in rehabilitation.

“This was a great opportunity to present at the first NRC ‘Rehabilitation research in practice’ event, alongside colleagues from a range of disciplines.”
Dr Blanca De Dios.

Dr Jacob Andrews presented work by the RADAR-CNS consortium about the potential and feasibility of using remote measurement technology (RMT) in clinical practice. His presentation included what we already know about the use of RMT in practice,



for example that over three quarters of healthcare professionals in a recent survey said they treated one or more patients using it for health-related purposes. He also discussed which types of data might be most reliable to record, and presented a view of promising approaches to monitoring, for example the potential to use mobile phone data such as daily distance travelled and number of

daily Bluetooth connections to predict depression severity. The presentation also included some ideas of what it will take to realise the potential of the technology in clinical practice.

Dr Blanca De Dios presented her work about optimising employment for people with multiple sclerosis (MS). This presentation focused on the barriers that people with MS experience in the workplace and the support needed to help them remain in work. Examples include engaging employers in conversations about the impact of MS at work and how to accommodate the workplace to the needs of the employee with MS. During the presentation, Blanca discussed factors that affect motivation and adherence to interventions aiming to support people to remain at work and how to overcome these challenges.



To find out more about the National Rehabilitation Centre, visit their website: nationalrehabilitationcentre.nhs.uk

MindTech team attend international conference on digital research

MindTech researchers attended a conference on internet interventions recently, sharing aspects of their work with an international audience in Pittsburgh, USA.

Dr Jen Martin, Dr Camilla Babbage, and Dr Jake Andrews attended the International Society for Research on Internet Interventions (ISRII) 2022 conference in Pittsburgh, USA. ISRII is the largest international conference on internet interventions, with a strong focus on apps and online services to support mental health.

The conference took place from 19-21 September, with pre-conference workshops held the day before. It attracted researchers and digital health



companies from countries across the world, with contributors from Argentina, Brazil, Malaysia, Hong Kong, Spain, Germany, Lithuania, Italy, the UK, Ireland, New Zealand, Canada, and the US, among others.



To find out more about their experience, and the work they shared, visit mindtech.org

New paper highlights the value of stakeholder engagement

The ExTRAPPOLATE project applied the principles of Responsible Research and Innovation (RRI) in the development of an automated feedback system for psychological therapists. During the project a Patient and Practitioner Reference Group was consulted, providing vital feedback on the system's development. This level of engagement enabled the study team to identify barriers to the system's use and take action to revise the design. Read about this in more detail in their latest paper, published in the [Journal of Responsible Technology](#).

Centre for Health and Justice research informs London's Violence Reduction Unit

London's [Violence Reduction Unit \(VRU\)](#) has published a report into neighbourhood violence written by Centre for Health and Justice colleagues, led by Professor Eddie Kane. The research, carried out largely during the Covid-19 pandemic, mapped nine areas of London susceptible to violent crime, making recommendations for future initiatives in these communities.



Read the story in full on the [Institute of Mental Health website](#)

Farewell to Prof Roshan das Nair

Professor Roshan das Nair has taken up a new position as Senior Research Scientist with SINTEF Digital ([Health Division](#)), in Trondheim, Norway.

Roshan has been with the University of Nottingham since he came here to do his PhD in 2003, and has been a part of the Institute for Mental Health since its inception.

Roshan contributed to various committees and research groups in Nottingham, including the University's Senate and Council. He was Deputy Head and Research Lead for the Division of Psychiatry and Applied Psychology in the School of Medicine, and co-lead of the Nottingham Multiple Sclerosis (MS) Research Group. He was also closely involved with Nottinghamshire Healthcare NHS Foundation Trust where he served as a Governor, and with Nottingham University Hospitals NHS Trust where he was a Research and Innovation Lead.

Roshan supervised over 60 doctoral students to successful completion and had secured research



grant income of over £21.5 million in the last 10 years, with over £12.4 million as Chief Investigator, from the NIHR, Wellcome, and other healthcare research funders. He has edited two books and has over 160 publications. Recently, he led the team that was awarded a prestigious grant from Wellcome to establish the [Midlands Mental Health & Neurosciences PhD Programme for Healthcare Professionals](#).

He will be retaining his Chair at the University of Nottingham (on a part-time basis), where he will continue to lead the [NEuRoMS](#) project and he remains contactable via his [university email address](#).

RADAR-CNS – social media campaign celebrates findings

The team behind [RADAR-CNS](#) shared a series of videos this autumn, detailing the project's findings. RADAR-CNS was a collaborative research programme that explored the potential of wearable devices and smartphones to help measure and manage depression, MS, and epilepsy. MindTech's Dr Jake Andrews led one of the work packages, focusing on how remote measurement technology (RMT) might fit into clinical pathways. They worked with clinicians to understand their perspectives on the potential benefit of RMT, as well as working closely with pharmaceutical partners on a value proposition for the RADAR-CNS RMT system. The videos can be viewed at [radar-cns.org](#)



Centre director congratulated for contribution to open science



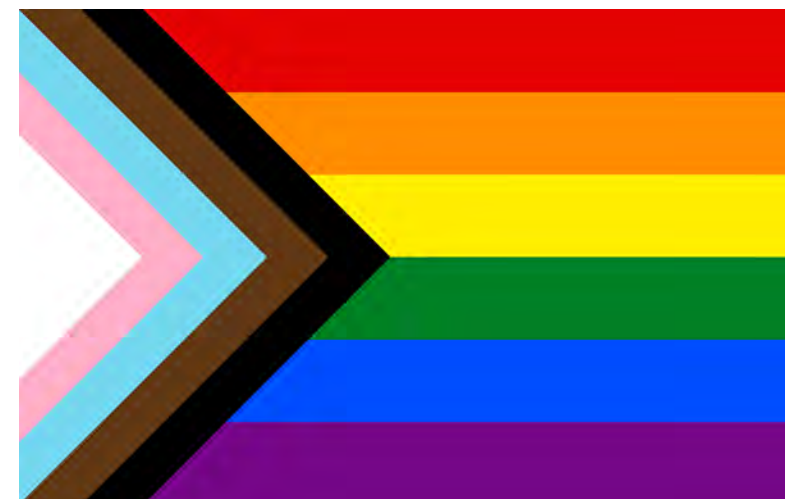
As part of International Open Access Week 2022, Professor Eddie Kane has been recognised for his contribution to open science.

In awarding his certificate, publishers Elsevier highlight the importance of open science in driving societal progress and advancing the [United Nations \(UN\) Sustainable Development Goals \(SDGs\)](#).

Recently, Professor Kane published an open access article with Elsevier, receiving a total of **3,427** downloads. The article was linked to the UN SDGs, helping to tackle some of the world's greatest challenges.



Read the story in full on the [Centre for Health and Justice news page](#)



Professor Jon Arcelus contributes to new global guidelines for the care of transgender and gender diverse people

The World Professional Association for Transgender Health ([WPATH](#)) has released the [Standards of Care for the Health of Transgender and Gender Diverse People, Version 8](#), following five-years of rigorous scientific effort by more than 120 healthcare, clinical, and academic professionals across the globe, including Professor Jon Arcelus of our [Gender Identity, Sexuality and Wellbeing research group](#).

Building upon the Standards of Care Version 7, released in 2012, the SOC8 provides clinical guidance for health care professionals to assist transgender and gender diverse (TGD) people

with safe and effective pathways to achieve lasting personal comfort with their gendered selves, and to maximize their overall health, psychological well-being, and self-fulfilment. This assistance may include primary care, hormonal or surgical treatments, gynaecologic and urologic care, reproductive options, voice and communication therapy, and mental health services (e.g., counselling, psychotherapy), among others.



Read more on this story at [institutemh.org.uk](https://www.institutemh.org.uk)

Neurobiology of Schizophrenia and Psychosis

***Cost: Full price: £45.00**

Psychiatric trainees: £35.00

**Students: (PhD, MSc, undergraduate):
£25.00**

*Ticket price also includes access to the video recording of the event which will only be available to registered delegates.

Speakers include:

- **Professor Rachel Upthegrove (University of Birmingham, UK)**
- **Professor Joel Kleinman D., Ph.D. (Lieber Institute for Brain Development, USA)**
- **Professor William Carpenter (University of Maryland School of Medicine, USA)**
- **Professor Anissa Abi-Dargham M.D (Stony Brook University, USA)**
- **Professor Peter Liddle (University of Nottingham, UK)**

Schizophrenia and Psychotic Disorders constitute one of the most pressing enigmas of the current age. Although several advances have been made since Kraepelin's seminal nosology, no unifying theory of the neurobiological underpinnings currently exists. Advances in classification, neurotransmitter abnormalities, brain genetics, predictive coding and inflammatory theories remain to be reconciled.

These understandings are supported by various lines of evidence, however we are yet to come to a unified understanding of psychosis and schizophrenia. This seminar, held by the Institute of Mental Health, will bring together key leaders in the field to discuss the current state of the art understanding and what remains to be discovered.

This seminar will be of interest to psychiatrists, psychologists, neuroscientists and researchers in the field.



Book online now.



New Frontiers for Digital Mental Health

NIHR MindTech MIC National Symposium 2022

Venue: Royal College of Physicians,
London, NW1 4LE

Cost: £225 (Standard Rate) £99
Voluntary/CIC

Call for posters closes on
Friday 4th November

Digital technology has the potential to transform mental healthcare by offering novel interventions and more accessible, efficient and flexible services. However, if digital mental healthcare is to succeed in improving lives it requires both a stronger evidence-base and clear pathways for delivery, adoption and sustainability in real-world services.

The MindTech symposium 2022 brings together leaders in clinical practice, patient experience, academic research, industry and technology development to address the key challenges in building a stronger evidence-base to support implementation of new technologies in mental healthcare.

Keynote addresses from:

- Professor Tim Kendall, National Clinical Director for Mental Health, NHS England: Digital Mental Health Therapies in the NHS – a new way forward?

Visit the MindTech website to view the full programme, booking link and message from Professor Sir Jonathan Van-Tam MBE

How to submit a poster abstract.

Event Sponsor and Exhibition stands:

We are delighted to announce that the following organisations will be exhibiting on the day:

Event Sponsor:

psyomics™

Exhibition stands from:

PCMIS Health Technologies
Mayden
Mindwave Ventures Limited



Bookings to attend can be made here

