



## Cambridgeshire and Norfolk Hub

UK Mental Health Research Network

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### CN-Hub Update

Welcome to our 'new-look' third newsletter and we have further progress and opportunities to report.

Our team is growing and in the next couple of weeks we will be interviewing applicants for the Clinical Studies Officers (CSO) posts to join our CN-Hub's team. We are hoping to employ 2 CSOs who will help studies hosted by the CN-Hub conduct their research. It is hoped that one of the CSOs will be based in Cambridge and one in Norwich.

In addition to the CSO posts we have a temporary, part-time job opportunity for a Hub Service-user/Carer Development & Liaison Officer which would be suitable for anyone wishing to work temporarily in the CN-Hub region (see p.2).

We are now also hosting more research projects

and have awarded our first two grants from the Research Development Fund (see p. 2).

There is also a request for consultant psychiatrists in our region to help in the recruitment of study participants to the BALANCE trial which concerns the maintenance treatment of bipolar disorder (see p. 4).

CN-Hub's Research Interest Groups are just starting up. It is hoped that they will stimulate collaborative research and provide wider creative input into Mental health and Social Care research (see p.5). On Page 5 you will also find details of NIMHE Mental Health Social Research Priority-Setting Exercise.

Remember, our website provides all the latest news and opportunities:

[www.mhrn-cnhub.org.uk](http://www.mhrn-cnhub.org.uk)

### UK-MHRN Update

The UK-MHRN has grown considerably since it was first set-up, and it now covers an impressive 60% of the population in England. In total, the Network comprises 20 Universities, 37 NHS Trusts and over 40 Primary Care Trusts. The Network is set to get even bigger in years to come.

We are pleased to announce the first UK-MHRN conference taking place on the 17th & 18th November 2005 at the University of Manchester Conference Centre. This national event will be of interest to service users, carers, psychiatrists, psychologists and other health professionals, and provides a great opportunity for researchers to disseminate their work to the mental health community. Details of the event will be made available nearer the time at: [www.mhrn.info](http://www.mhrn.info)

The UK-MHRN website is being upgraded to reflect recent changes. The new site will be launched in Spring 2005 and will link to indi-

vidual hub websites. A map is being produced to show where projects are based so that people will be able to 'self-refer' and clinicians will have access to research activity in their area.

#### UK-MHRN Research & Scoping Groups The Creative Drive

Adding creative drive to the UK-MHRN, Research and Scoping Groups identify areas of strength and weakness in research, pinpointing suitable topics and producing research proposals to run on the Network. Groups have been established in:

- Early intervention in Psychosis
- Self-Help
- Anti-depressants
- Mental Health in the Elderly
- Mental Health in Children
- Social Care
- Carers

If you would like to become involved at a national level, please email [mhrn@iop.kcl.ac.uk](mailto:mhrn@iop.kcl.ac.uk)

#### How to run a project on the Network

Application to run a project on the MHRN must be made to the MHRN Adoptions Committee. Forthcoming deadlines for applications: April 25th 2005; June 21st 2005

Application forms can be downloaded from : [www.mhrn.info](http://www.mhrn.info)

#### UK-MHRN

##### Aims:

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

##### Benefits:

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

## SURGE Update

The SURGE office at the Mental Health Foundation has moved premises and as such have changed their contact details (see right).

SURGE is in the process of finalising their report on the consultation exercise they have been carrying out across the UK-MHRN hubs as well as their Good Practice Guidelines.

As a result of their preliminary verbal report back to us we have identified some funds and have decided to support a temporary, part-time post to address some of the issues raised.

See [CN-Hub Service-user / Carer Development & Liaison Officer](#) description below. A job description can be downloaded from our website:

[www.mhrn-cnhub.org.uk](http://www.mhrn-cnhub.org.uk)

### SURGE Contact details:

Sarah Gibson  
SURGE Co-ordinator  
Mental Health Foundation  
Sea Containers House  
20 Upper Ground  
London SE1 9QB

Tel: 020 7803 1116

Email: [sgibson@mhf.org.uk](mailto:sgibson@mhf.org.uk)

### Job Opportunity: CN-Hub Service-user / Carer Development & Liaison Officer

The main responsibilities will be to help to support the co-ordination and partnership development of the service-user and carer development programme of the UK-MHRN in the CN-Hub. This will include close liaison with service user and carer groups nationally and in the region, research teams, relevant wards and NHS and Trust departments, the voluntary sector, as well as with appropriate Research & Development Departments. The post-holder will actively promote research service users and carers. The post is for 2.5 days per week and for 6 months in the first instance (linked to funding). Secondments will be considered.

Closing date for applications: **16th March 2005**. Further details can be found by typing in **CPMH 1331** on:

[www.jobs.cambs.nhs.uk](http://www.jobs.cambs.nhs.uk)

## UK-MHRN Data Entry System—DES

### Contact details:

Austin Lockwood  
UK-MHRN IT Co-ordinator  
The LANTERN Centre  
Vicarage Lane  
Off Watling Street Road  
Fulwood  
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### Email:

[austin.lockwood@manchester.ac.uk](mailto:austin.lockwood@manchester.ac.uk)

DES is the UK-MHRN's data entry system. It is a secure web-based system that allows research assistants to enter study data on a secure central database from workstations located around the country. Additionally it allows Chief Investigators to track the progress of their studies by providing 'real time' information on study participants' recruitment rates.

Traditionally researchers have used stand-alone database systems to record data from clinical studies. There is a clear disadvantage with this approach for larger, multi-centre studies, in that several copies of local databases must be combined before any analysis can take place.

For security reasons, DES can only be accessed from NHSNet—not the Internet generally. This effectively means that the system can only be accessed from PCs located on NHS Trust local area networks. Although this has been a problem for some researchers, a solution has usually been found with the co-operation of local NHS IT departments.

DES can be used by any study adopted onto the UK-MHRN.

**If you would like to know more about DES, or see a demonstration of the system, please contact Austin Lockwood.**

## CN-Hub Research Development Fund

The first awards have been made from the Research Development Fund (RDF).

Dr. Tony Jaffa (CPMHPT) has secured funding for a one day meeting on Lifespan Eating Disorders. The aim of the day is to bring together a range of professionals and user/carers representatives with a serious interest in identifying key research topics in Lifespan Eating Disorders. This initial day will focus on child and adolescent aspects, will include some presentations and will end with an action plan to prepare a proposal for the UK-MHRN, and to take forward other opportunities for developing research capacity in this area.

The second award has been made to the Norfolk & Waveney Mental Health Partner-

ship NHS Trust. They are facilitating the creation of a Norfolk Service Users Research Forum. They intend to hold a research awareness day on Monday April 11th 2005 at Hellesdon Hospital. Service users from throughout Norfolk & Waveney will be invited along with local researchers from all interested academic and clinical disciplines. For further information contact Ray George by email on [ray.george@nwmhp.nhs.uk](mailto:ray.george@nwmhp.nhs.uk) or by telephone on 01603 421340.

**It is with regret that we can not accept any further applications to the RDF until further notice.**

### Research Development Fund Criteria

- Must be linked to the Department of Health Mental Health's priority areas
- Applications will be considered by the CN-Hub committee quarterly
- Should originate from Cambridgeshire, Norfolk and/or Suffolk
- Must be multidisciplinary in nature
- Requires service user/carers involvement
- May be for any research development work
- Should deliver a research linked outcome to the CN-Hub within 1 year
- People/groups can apply for, up to £1000-

## CN-Hub hosted projects

We currently have 7 projects, from the 22 nationally adopted ones, running in the CN-Hub.

### Newly adopted projects

#### BECCA

##### Befriending and the Costs of Caring

This study randomly allocates carers of people with dementia (PwD) to one of two groups (usual care plus access to an employed befriending facilitator vs. usual care alone) and follows-up for 3 years post-randomisation in order to compare: carer stress and coping strategies, quality of life, resources use, and survival in the community of the PwD. The study will also document direct and indirect costs in both the intervention and control group, calculating the costs from the perspective of health, social and voluntary services and families involved in dementia care, and establish incremental cost-effectiveness. Furthermore, a befriending facilitator will collaborate with relevant voluntary agencies in recruiting, training and supporting befrienders, and matching befrienders to carers. The study will disseminate project outputs including: effectiveness and cost effectiveness; model of befriender support and training.

Chief Investigator: Shirley Reynolds (UEA)

Funder: The NHS Health Technology Assessment Programme

#### Ongoing Projects

##### ADAPT

Adolescent Depression, Antidepressants & Psychotherapy Trial

Chief Investigators: Ian Goodyer (Cambridge) & Bill Deakin (Manchester)

Funder: The NHS Health Technology Assessment Programme

##### SR-CBT

Improving Social Recovery in Early Affective and Non-Affective Psychosis: A Randomised Controlled Trial Of Social Recovery Oriented Cognitive Behaviour Therapy

Chief Investigator: David Fowler (UEA)

Funder: The Medical Research Council

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- April 25th 2005
- June 21st 2005

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## The Roots Project

### How do patterns of risk predict the evolving nature of psychopathology in post-pubertal adolescents?

Adolescence is a key developmental period during which major affective psychopathology emerges. Little is known about the pre-adolescent processes, genetic or environmental, that promote psychiatric disorder over the adolescent period. The Roots project will measure genetic polymorphisms and early childhood adversities, determine their risk potency over time and in the presence of a changing proximal psycho-endocrine environment. The project aims to determine (at age 16) if these early, general vulnerability characteristics are the primary determinants of individual differences in mood activation, emotional response and related cognitive sensitivity. The general objective is to understand how far these factors contribute individually to patterns of risk, how they interact and influence the development of psychopathology. The study aims to recruit 1400 adolescents 10-12 secondary schools in the Cambridgeshire and Suffolk areas. This will involve participants covered by 4 clinical sites in the Region (Cambridge, Huntingdon, Bury St. Edmunds and Peterborough).

Chief Investigator: Ian Goodyer (Cambridge)

Funder: The Wellcome Foundation

## PsyGRID:

### E-Science to facilitate clinical trials and longitudinal studies in first episode psychosis

The first aim of this project is to establish an e-Science framework and functioning e-community which integrates academic and NHS partners within the UK-MHRN so as to enhance research and development capability in routine mental health service settings. The second aim is to set up an information system to ascertain and characterise a large representative cohort of individuals with first episode psychosis to enable hypothesis-driven epidemiological and intervention research, particularly into predicting and preventing adverse outcomes.

The PsyGRID e-Science platform will inform, launch and facilitate future externally funded, hypothesis-driven research in this field.

Chief Investigator: Shôn Lewis (Manchester)

Funder: The Medical Research Council

## SuperEDEN:

### A national evaluation of early intervention in psychosis Services

This study looks to evaluate the implementation and impact on key outcomes of differently configured Early Intervention Services (EIS) across sites in England as well as to resolve key questions in the science underpinning EIS. Young people referred to EIS in the four study sites from July 2005 to June 2007 will be approached for the study and it is hoped that approximately 940 participants will be recruited nationally. A comprehensive research strategy will use both qualitative and quantitative methods. In addition, six supporting programmes of work developing the epidemiological, theoretical and service base of early intervention will be undertaken.

It is hoped that the study will provide information on key aspects of EIS development and implementation, to define the key components of an EIS service, and to provide information on the relationship between different service models and associated contexts and key pre-defined outcomes.

Chief Investigator: Max Birchwood & Helen Lester (Birmingham)

Funder: The Department of Health

## CN-Hub hosted projects (cont.)

### BALANCE Trial

#### CALL FOR FURTHER REGIONAL CONSULTANT PSYCHIATRIST COLLABORATORS

BALANCE is a large international, simple, randomised trial of maintenance treatment for bipolar disorder. The aim is to determine whether combination treatment with lithium and valproate is more effective than either treatment used alone and to provide reliable evidence about the relative effectiveness of the two single treatments. The trial is open to any patient with a past history of mania who requires maintenance therapy. BALANCE has been designed to cause the minimum of extra work for participating investigators and patients.

Recruitment of patients for the study is making good progress, however there is still some way to go to ensure that the results of the trial are robust. If you would like to recruit patients to this trial, or to refer eligible patients to another investigator, please get in touch with Marijcke Veltman as soon as is convenient (see contact details on p.5 of the Newsletter). Further information about the BALANCE trial can be found on the trial's website:

[www.psychiatry.ox.ac.uk/balance/index.html](http://www.psychiatry.ox.ac.uk/balance/index.html)

## Hub Research Interest Groups: The regional creative drive

We have now set up some virtual **Hub Research Interest Groups (HRIGs)**. Ideally these groups will bring together service users, carers, clinicians and academics with similar research interests.

**We would like to invite you to take part** in these restricted membership email-discussion groups. Please let Marijcke (see contact details on p.5 of the Newsletter) know which of these you would like to join, although you may already have received an email inviting you to join.

Alternatively, if you have a particular grouping in mind and would like to convene it you could contact Marijcke who may be able to offer some assistance.

The idea is that each group would be a 'virtual' group generating research ideas through email discussion led by a group-chosen convenor. Groups will only continue and be supported if there is enough expression of interest.

If these groups prove to be productive and of interest they could potentially feed in to the work of the UK-MHRN's research groups thereby giving our regional groups a national voice.

To join please get in touch with Marijcke:

[mwmv2@cam.ac.uk](mailto:mwmv2@cam.ac.uk)

### HRIGs

Mirroring the UK-MHRN Research & Scoping Groups we would like to establish regional email-discussion groups in:

- Early intervention in Psychosis
- Self-Help
- Anti-depressants
- Mental Health in the Elderly
- Mental Health in Children
- Social Care (convened by NECSR—see section below)
- Carers

## NECSR Update

### NIMHE Mental Health Social Research Priority-Setting Exercise

#### Contact Details:

Sarah Thurlow  
NECSR  
North Essex Mental Health  
Partnership Trust  
Homelands Retail Park  
Cuton Hall Lane  
Springfield  
Chelmsford CM2 5PX

Tel: 01245 318434

Fax: 01245 318401

Email:

[sarah.thurlow@nemhpt.nhs.uk](mailto:sarah.thurlow@nemhpt.nhs.uk)

There is a widespread view that research into social aspects of mental health is woefully underdeveloped. We have been given a small grant by the National Institute for Mental Health England's (NIMHE) mental health research network to consult widely on the issues and topics that should be the subject of future social research in mental health (adults of working age). In addition, we will also make recommendations for development of research capacity in this field.

To produce the report we wish to consult as widely as possible with service users, practitioners and academics. As a first stage we are distributing the attached questionnaire to invite from individuals or groups their view as to the 'top ten' priorities for future research.

A view consistently expressed through three previ-

ous consultation exercises was that mental health research should support values of empowerment and emancipation: we take these principles to be axiomatic. Another view reinforced the importance of the need to pursue methodological advances in the field. We accept the need for this to be undertaken, but, for the present exercise, we wish to explore specific topics only.

The results of this survey will be fed into some small workshops comprising service user, practitioner and academic research to help us to draw up our final report. That report will be presented to Professor Clair Chilvers, NIMHE's director of research and development, and Professor Til Wykes, director of the Mental Health Research Network.

**If you have not received a copy of the consultation and would like to do so, please contact (preferably by e-mail) [peter.huxley@kcl.ac.uk](mailto:peter.huxley@kcl.ac.uk). Responses are due in by Easter (March 24<sup>th</sup> at the latest).**

## CN-HUB CONTACT DETAILS

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Hub Director & Research Lead	Professor Ian Goodyer (University of Cambridge)
Hub Deputy Director & Clinical Lead	Professor Shirley Reynolds University of East Anglia
Primary Care Lead	Professor Amanda Howe (University of East Anglia)
Social Care Lead	Professor Geoff Shepherd (Cambridgeshire & Peterborough Mental Health Partnership NHS Trust)
<b>CN-Hub Consortium</b>	
• University of Cambridge	
• University of East Anglia	
• Cambridgeshire & Peterborough Mental Health Partnership NHS Trust	
• Norfolk & Waveney Mental Health Partnership NHS Trust	
• Suffolk Mental Health Partnership NHS Trust	

[www.mhrn-cnhub.org.uk](http://www.mhrn-cnhub.org.uk)

## Keeping in touch

Full Name:

Address:

Email:

Telephone:

Fax:

Profession:

Are you a:      Service User       Carer       Clinician       Researcher

Preferred way of receiving communications from us:    Email       Post       Telephone

**Please indicate your broad areas of interest** (tick ✓ as many as apply):

Addiction	<input type="checkbox"/>	In-patient care	<input type="checkbox"/>
Adult Mental Health	<input type="checkbox"/>	Out-patient care	<input type="checkbox"/>
Assertive Outreach	<input type="checkbox"/>	Community care	<input type="checkbox"/>
Child & Adolescent Mental Health	<input type="checkbox"/>	Social care	<input type="checkbox"/>
Forensic Mental Health	<input type="checkbox"/>	Primary care	<input type="checkbox"/>
Older People Mental Health	<input type="checkbox"/>	Learning Disabilities	<input type="checkbox"/>
Dementia	<input type="checkbox"/>		
Other (please specify)	<input type="checkbox"/>		

Please provide more specific areas of interest:

**Please indicate your preferred level of involvement:**

Receiving the newsletter       Hub Research Interest Groups       Research Participation

Other (please specify):

When complete please send to Marijcke Veltman at the address provided at the top of this page.