

Trust Board Meeting	July 2021
Title	Research and Development Annual Report 2020/21
Purpose	This report presents a summary of research and related activity for the year 2020/21
Business Area	Corporate (Medical Directorate)
Author	Katie Warner, Head of Research and Development
Relevant Strategic Objectives	Our People, Our Patients, Our population
CQC Registration/Patient Care Impacts	The CQC have now included key research questions with the 'well-led' domain of their inspection framework.
Resource Impacts	The Research and Development department are predominantly funded by the National Institute for Healthcare Research (NIHR). Funding is allocated annually and a number of team members hold short term contracts as funding is based on previous years' research activity.
Legal Implications	Operating according to the UK Policy Framework for Health and Social Care Research.
Equality & Diversity Implications	The Research and Development (R&D) department's long-term vision is to offer research participant opportunities to all Trust patients.
SUMMARY	<p>In 2020/21 Berkshire Healthcare ranked 4th out of the 48 benchmarked mental health and community trusts for the number of research projects that we recruited to. We ranked 11th in the same benchmarked group for the number of individuals who participated in research projects.</p> <p>In the financial year 2020/21 we delivered 96 research projects, this compares with 79 in 2019/20.</p> <p>Our research efforts this year were dominated by COVID-19. This was in terms of the requirement to assist with or directly deliver Urgent Public Health/COVID-19 research projects as well as to pause, close and restart existing non COVID-19 research. This reflects the national picture.</p> <p>We look forward to refocussing on BHFT core priorities in 2021/22 via our plan on a page and in particular offering research opportunities in the areas of physical health in SMI, self-harm, suicidality, pressure ulcers, falls, digital interventions and supportive technology COVID-19. This will be guided by our new R&D strategy which will be launched in 2021.</p>
Action required	The Board is asked to note the contents of the report, progress made during the year and future direction for the coming year.

Research and Development Annual Report Template

Contents Page

Section	Title	Page
1	Executive Summary	3
2	Introduction	4
3	Research and Development Activity at Berkshire Healthcare	4
4	Impacts and Benefits	10
5	Experience of Research Participants	11
6	Equity of Access	12
7	Communication and Promotion	14
8	People and Finances	15
9	Governance	16
10	Performance	16
11	Partnerships and Collaborations	17
12	Future Direction	19
Appendix 1	Summary of All Studies in Berkshire Healthcare 2020/21 by Condition/Topic Area	20
Appendix 2	Berkshire Healthcare Vaccine contribution – national media coverage	36
Appendix 3	Research and Development department plan on a page 2020/21	38
Appendix 4	Academic Institutions and NHS Trusts we have worked with to deliver research	39
Appendix 5	Staff Publication List 2020/21	39

1. Executive Summary

Berkshire Healthcare NHS Foundation Trust (BHFT) is a research active organisation. Our aim is for all patients to have access to research opportunities which are relevant to them.

In 2020/21 Berkshire Healthcare ranked 4th out of the 48 benchmarked mental health and community trusts for the number of research projects that we recruited to. We ranked 11th in the same benchmarked group for the number of individuals who participated in research projects.

This means that individuals interacting with Berkshire Healthcare receive more opportunities to access research across a broader range of projects, than those interacting with similar Trusts.

In the financial year 2020/21 we delivered 96 research projects, this compares with 79 in 2019/20. This includes a range of research from smaller scale student projects involving a subsection of our patients to national multi-centre clinical trials involving numerous NHS sites. In addition, we supported other NHS Acute, Mental Health and Community and Primary Care colleagues in the region to deliver two COVID-19 vaccine studies and one other Urgent Public Health COVID-19 study.

The majority of our research in the last financial year was observational, led by another non-commercial entity such as an NHS Trust or University and focuses on mental health. We had 4 research projects which were led by Berkshire Healthcare for which we acted as sponsor. Medical staff and Psychologists provided leadership in roughly equal measure to the research projects which take place with either BHFT patient, staff, carers or data. They are closely followed by Nurses. Local smaller scale research projects involved mainly PhD students and Clinical Psychology Doctoral trainees placed at local/regional universities.

By Berkshire Healthcare participating in research, our patients are provided with access to assessment, treatment and intervention which they would not otherwise receive as part of routine care. Staff, patients and carers are also able to contribute to the evidence base for conditions which are most of interest to them. 94% of our research participants in 2020/21 strongly agreed or agreed that they would consider taking part in research again.

The Research and Development (R&D) department is working hard to address all elements of equity of access including ensuring research opportunities are accessible in all clinical areas, to all patients, carers and staff as far as study eligibility criteria and sample sizes allow us to. We are also working to better understand what research opportunities patients in neighbouring organisations have access to and are mirroring these where possible.

Research opportunities and available support for staff members undertaking their own projects are communicated and promoted through induction, social media, our webpages, intranet, posters in waiting rooms, team meetings and attendance at key events.

During 2020/21 we employed 37 full or part time; permanent, fixed term or NHSP Research Nurses, Allied Health Professionals, Medics and Clinical Research Practitioners and assistants who were either based in clinical services or with the R&D department core team. The majority of our funding is provided by the NIHR Local Clinical Research Network (LCRN): Thames Valley and South Midlands.

We have continued to review our governance arrangements including research activity oversight, standard operating procedures, policies, monitoring and data management. All but one of our policies have now been updated and our new rolling audit programme has been implemented.

Our research efforts this year were dominated by COVID-19. This was in terms of the requirement to assist with or directly deliver Urgent Public Health/COVID-19 research projects as well as to pause,

close and restart existing non COVID-19 research. This reflects the national picture. The R&D department are proud to have played such a significant role in the national COVID-19 research efforts. Specifically, helping to test vaccines, identify treatments and interventions and to monitor the impact of COVID-19.

We have continued to work with services to support the CQC clinical research requirements which feature in the well-led framework, focussing on equity, facilitation and awareness.

We look forward to refocussing on BHFT core priorities in 2021/22 via our plan on a page in particular offering research opportunities in the areas of physical health in severe mental illness, self-harm, suicidality, pressure ulcers, falls, digital interventions, supportive technology and COVID-19. This will be guided by our new R&D strategy which will be launched in 2021. The strategy will include national research strategy and policy updates which have significantly increased since the start of the pandemic.

2. Introduction

Berkshire Healthcare is one of the most research active Mental Health and Community Trusts in England. By participating in clinical research, we provide our patients and carers the opportunity to receive assessment, intervention and treatment that they would not otherwise receive as part of standard care. Our staff members and the general public are also invited to participate where possible, providing them with the opportunity to contribute their opinions and experiences to inform the evidence base on conditions and topics of interest to them.

Research is an integral component in the delivery of Trust priorities. Involvement in clinical research is one way that we demonstrate our commitment to actively improving the clinical treatments, care and outcomes for our patients and providing safer services. Research into new ways of working and technologies can assist us in delivering more efficient and financially sustainable services. Supporting our staff in the delivery of research has the potential to strengthen skills and increase engagement.

Our aim is for all patients to have access to research opportunities which are relevant to them. During the course of 2020/21 our patients were able to access research relating COVID-19, anxiety, depression, psychosis, panic disorder, Downs Syndrome, vaccines, sleep, eating disorders, dementia, data consent, mindfulness, voice hearing, Post Traumatic Stress Disorder in young people, virtual reality therapy, efficiency costs and quality of mental health provision, memory problems, diabetes, autism and preventative medications for HIV.

3. Research and Development Activity at Berkshire Healthcare

3.1 Research Activity Overview



Research projects, as they relate to our Research and Development Department, progress through a number of stages, see above. In 2020/2021 Berkshire Healthcare conducted **96 research projects**, compared to 79 in 2019/20. However, we reviewed and supported many other research projects at various stages which did not progress through to delivery. Our activity is detailed in the sections that follow. The full list of research projects conducted in 2020/21, can be found in Appendix 1.

3.2 Early Contact

Records are kept within the Research and Development department from the point at which an individual makes contact with us to indicate that they are thinking of developing or delivering research within Berkshire Healthcare. These contacts are followed up regularly to ascertain progress. The majority of individuals are from external organisations wishing to use Berkshire Healthcare as a research site, whilst others are internal to Berkshire Healthcare requiring support to design, develop, fund and deliver their own 'home-grown' research ideas.

3.3 Research design and development

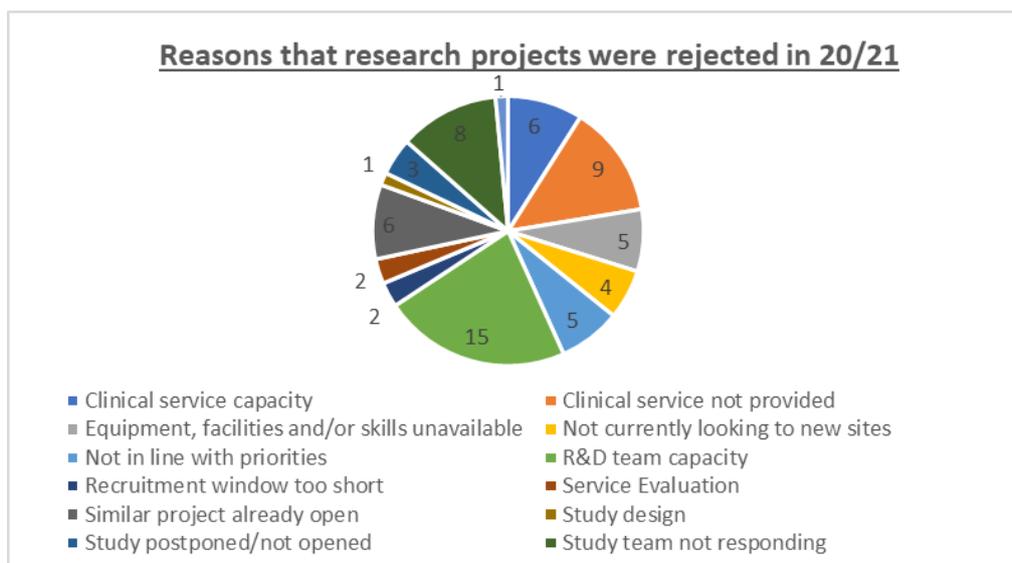
More than 20 individuals contacted our 'In-House Research Service' for support to develop their own research projects in 20/21. We have seen increasing numbers of home-grown research ideas as we have become more visible and accessible as a department. We have not formally advertised the support available as we are in the process of developing and agreeing our service offer with the R&D Committee, in line with our available capacity.

3.4 Assess, Arrange and Confirm

Once we have a formal request to deliver a research project or have identified a research project on the national portfolio database that we would like to deliver, we work through a robust process to check if it is feasible and desirable to undertake the study within Berkshire Healthcare. In addition to working on 96 research studies in 2020/21 we also assessed and rejected a further 67.

The reasons for study rejection are shown in the graph below. The top four reasons were R&D team capacity as we were requested by our funders to prioritise Urgent Public Health and COVID-19 studies; clinical service not provided; study team not responding and clinical service capacity.

With hundreds of potential studies on the national portfolio we will never be able to deliver all that we want to. This means we need to continue to work with our clinical services to understand their priorities so that we allocate resource in the most appropriate and impactful manner.

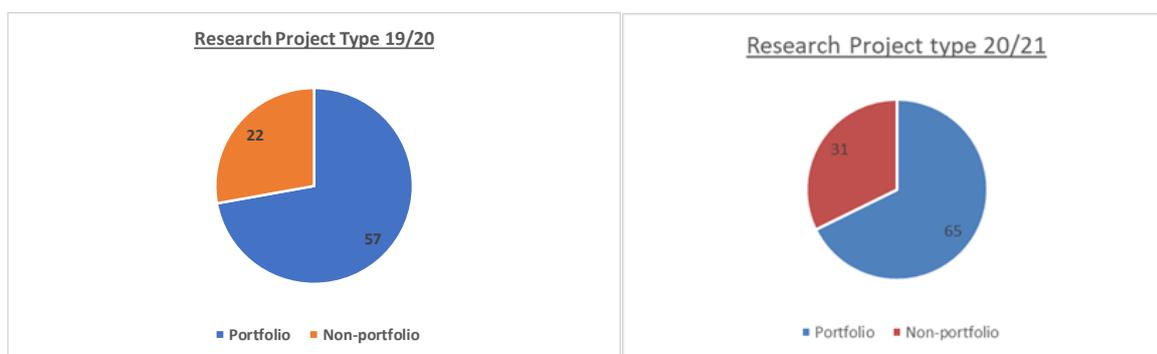


3.5 Types of Research/Research Activity Breakdown (Set up and Deliver)

NIHR portfolio v non-portfolio

Most of the research studies that we participate in are National Institute of Health Research (NIHR) portfolio studies. The NIHR portfolio is a national list of high-quality studies which have received competitive funding. We receive external funding to deliver NIHR portfolio projects. Our other high-quality research studies (non-portfolio projects) are conducted in part fulfilment of qualifications e.g. Clinical Psychology doctorates and PhD's or by a member of staff or external academic but will not have received competitive funding to make them eligible for national portfolio adoption.

All research has a sponsoring organisation. By sponsoring the research the organisation is accepting overall responsibility for proportionate, effective arrangements being in place to set up, run and report a research project. Historically do not act in the role of sponsor very frequently. There were 4 occasions in the last year where we acted in the role of sponsor. The numbers of portfolio compared with non-portfolio projects are shown below:



3.6 Professional Group of the Principal Investigators

All research projects should have a Chief Investigator and if operating at multiple sites (e.g. different NHS Trusts), a Principal Investigator (PI) should be in place at each research site. At Berkshire Healthcare the number of trained and experienced Principal Investigators is increasing year on year. The professional backgrounds of our Principal Investigators in 2021/20 and 2020/2021 are below:



3.7 Interventional v Observational research

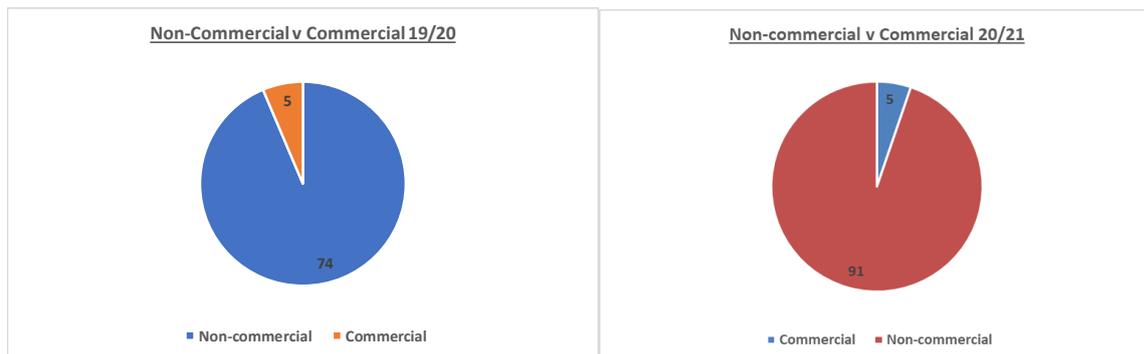
The majority of BHFT research is observational. Research projects termed as interventional studies are those in which patients receive specific interventions in line with the research protocol. Observational studies are those in which the investigators do not seek to intervene, but simply observe the course of events. The numbers of interventional and observational studies are below:



3.8 Commercial v Non-Commercial

The majority of the research that we undertake is non-commercial research. Neighbouring Trusts are better established with enhanced facilities, skills, expertise and experience in commercial trials. This makes it difficult to compete when submitting expressions of interest for commercial research. Of the 5 commercial research projects undertaken last year, we were a Patient Identification Centre (PIC) rather than a full site in one case. This means we explain the study to potential participants and with their permission forward their contact details to the study team to undertake the detailed consent procedure and deliver the research. We would act as a PIC site where we have the patient population but not necessarily the expertise, experience and/or facilities to deliver the research.

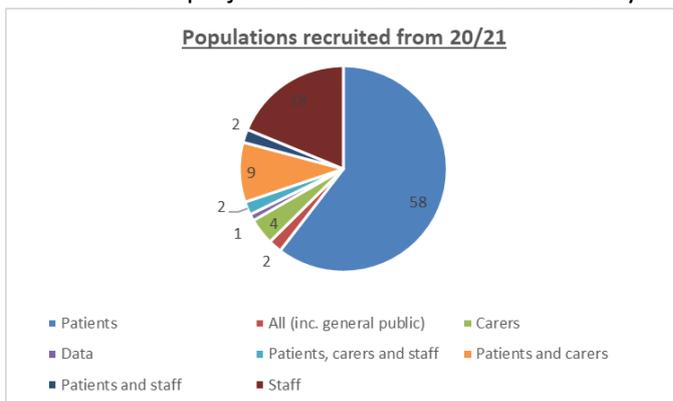
The breakdown of commercial compared with non-commercial research is shown below:



The department expressed an interest in five Commercial NIHR Portfolio trials in 2020/21. We were successful in all cases. Three related to pharmaceutical and two to digital technology companies.

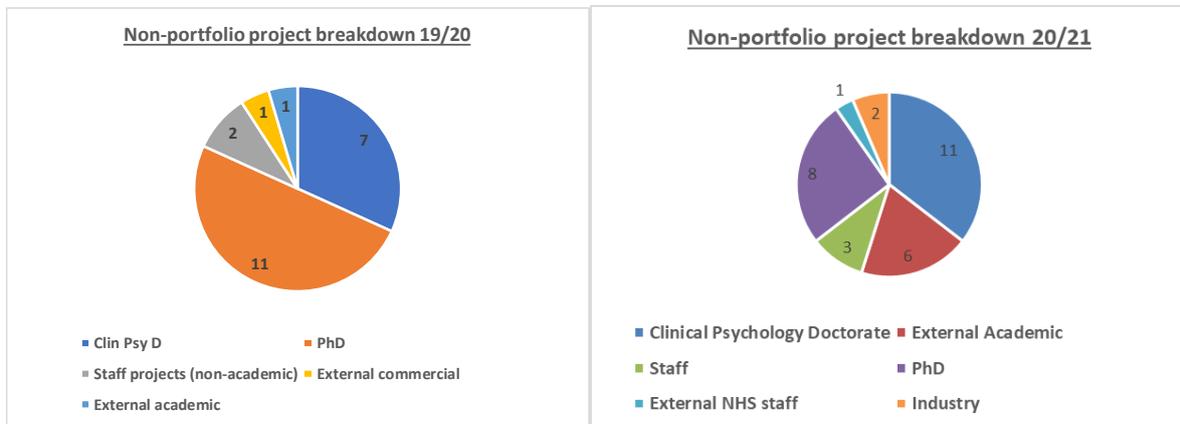
3.9 Populations recruited from

In 20/21 the majority (73 out of 96) of research projects recruited patients from Berkshire Healthcare. 18 projects recruited staff members only.



3.10 Non-portfolio project breakdown

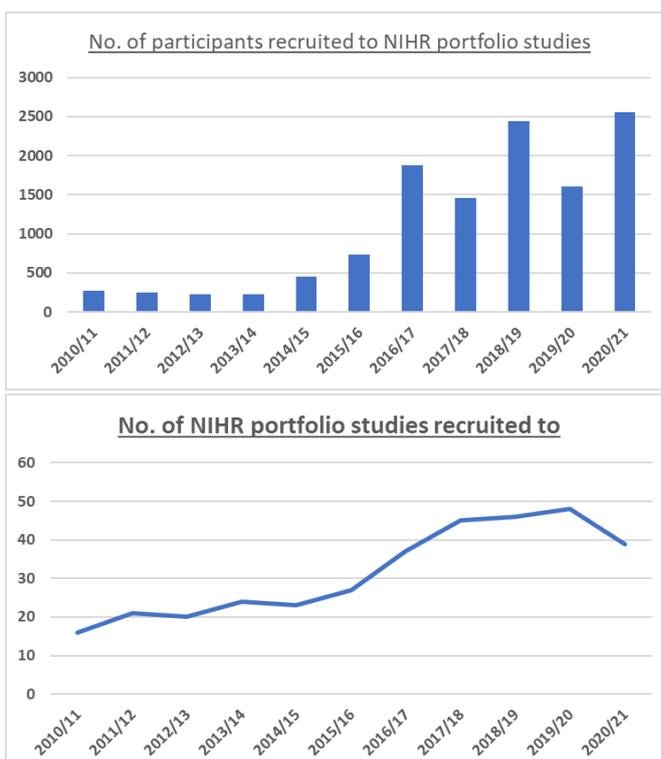
In 20/21 our non-portfolio studies mainly comprised Clinical Psychology Doctorates, External Academics and PhD's. A full breakdown can be found below:



3.11 NIHR Portfolio project breakdown

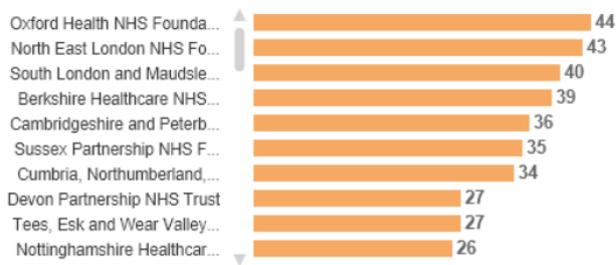
The graphs below show i) our performance year on year; ii) our performance against the 48 benchmarked Mental Health and Community Trusts and iii) the clinical areas researched.

Please note that the number of portfolio projects captured on the national databases for benchmarking purposes and reflected in the graphs below is lower than that recorded as part of our own systems (pg 6 above). Specifically, in 2020/21 as an organisation we participated in 65 NIHR portfolio studies, however this is recorded in the graphs below as 39 studies. This is because only studies which were recruited to are counted nationally, by contrast, we count all NIHR portfolio projects which were open to ensure the total volume of research activity is understood within Berkshire Healthcare. This includes projects open but not recruited to, in follow up and where we acted as Patient Identification Centres as opposed to a full research site.



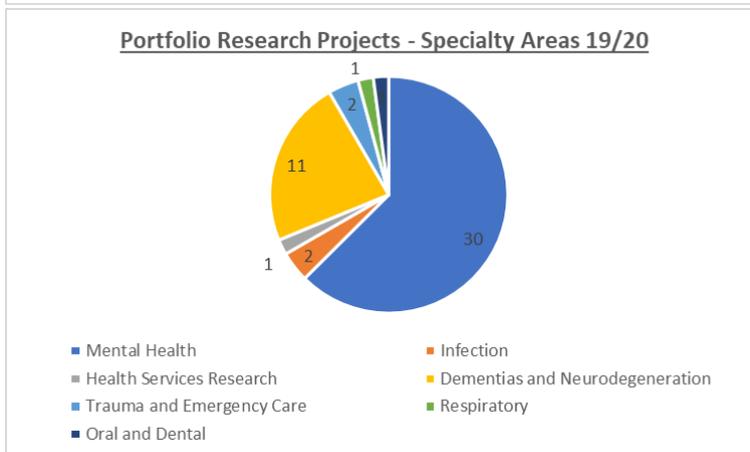
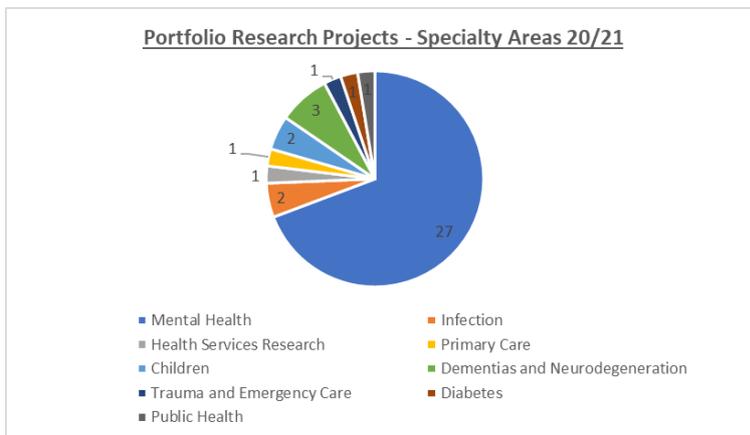
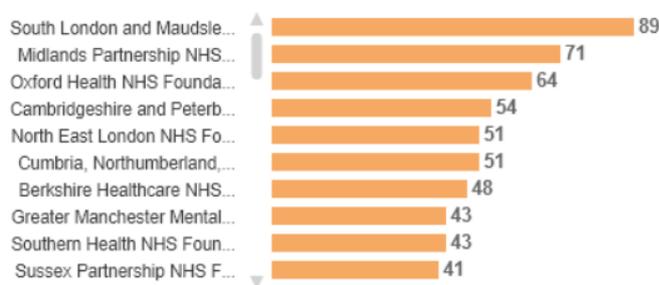
Top 10 Mental Health and Community Trusts for number of NIHR Portfolio Research Projects recruited to 2020/21:

NUMBER OF STUDIES PARTICIPATING by Trust



Top 10 Mental Health and Community Trusts for number of NIHR Portfolio Research Projects recruited to 2019/20:

NUMBER OF STUDIES PARTICIPATING by Trust



4. Impacts and Benefits- What difference did research that we participated in really make?

Clinically research active hospitals have better patient care outcomes (Boaz et al, 2015; Jonker & Fisher, 2018; Jonker et al, 2019). In Berkshire Healthcare we make a significant contribution to the research evidence base for the populations we serve. Six examples from last year are listed below:

VACCINE STUDIES- Our contribution to COVID-19 vaccine development studies was acknowledged by the National Institute for Healthcare Research in a national article see appendix 2 or link below:

[Working together to deliver COVID-19 vaccines studies \(nihr.ac.uk\)](https://www.nihr.ac.uk/news/working-together-to-deliver-covid-19-vaccines-studies/)

UK-REACH- “Analysis of interim questionnaire data has found nearly a quarter of healthcare workers were hesitant about COVID-19 vaccines. Hesitancy was greater in some ethnic groups; in women - especially pregnant women; in younger healthcare workers; and in those who had previously tested positive for COVID-19. Being less positive about vaccines in general, having lower trust in employers, and greater belief in COVID conspiracies were also predictors of hesitancy”.

VIRUS WATCH- Interim findings indicate that this study is helping to build the evidence base around where people perceived COVID-19 is caught, their changes in mobility after receiving a COVID-19 vaccine, prevalence of persistent COVID symptoms in children.

TRIANGLE- Patients were selected from the TRIANGLE trial which is testing a novel intervention for Anorexia Nervosa. They had “reduced access to Eating Disorder (ED) services, loss of routine and heightened anxieties and ED symptoms resulting from COVID-19 and lockdown measures presented challenges for patients and carers. Increased remote support by ED services enabled the continuation of treatment and self-management resources and strategies promoted self-efficacy”.

PrEP (HIV Pre-exposure Prophylaxis trial)- PrEP can greatly reduce the risk of HIV infection. To plan the PrEP programme, NHS England and Local Authorities use results from this study to ascertain how many people attending sexual health clinics need PrEP, numbers started on PrEP and duration.

ESCAPE- Improving Access to Psychological Therapy services appear to be a natural environment for smoking cessation treatment, but this needs to be further tested with a pilot and feasibility study.

We continue to collate and share the results of research that we participate in with those who participated and relevant clinical services.

Research that we are currently involved in aims to:

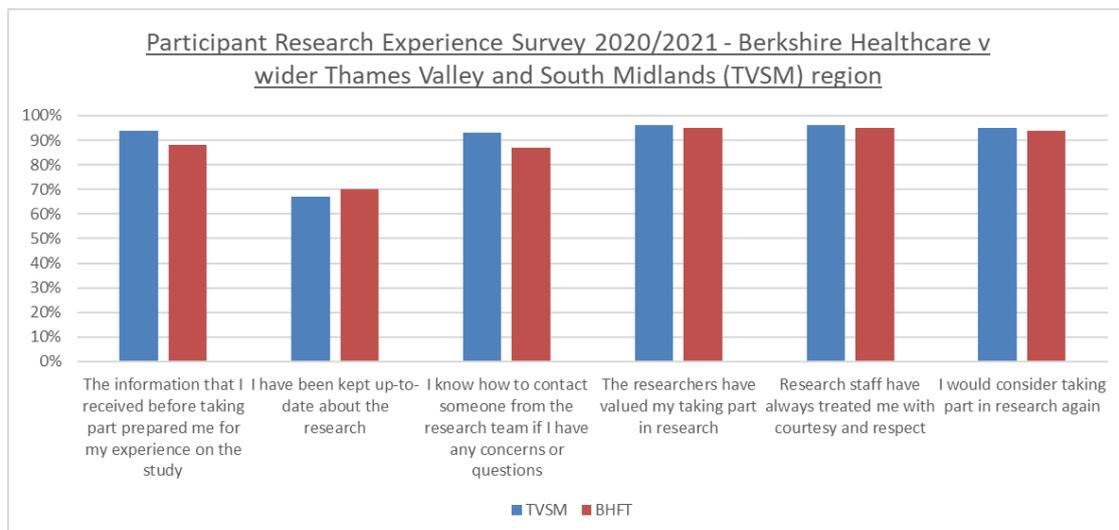
- Test a brief prototype of automated Virtual Reality treatment for patients with psychosis.
- Test an online parent-led cognitive behavioural treatment that parents/carers of children with anxiety disorder work through with remote support from a CAMHS therapist.
- Trial an intervention aimed at preventing and mitigating the onset of depression and loneliness in older people and those with long-term conditions as a result of the COVID-19 lockdown.
- Testing evidence-based training and support programmes to help family and paid carers to provide high quality care to people living with dementia.
- Explore experiences of psychologists working with people with intellectual disability online during COVID-19.
- Test the feasibility of treating sleep problems in young people at ultra-high risk of psychosis.
- Learn about patients’ experiences with a diagnosis of psychosis from different ethnic backgrounds who have experienced psychosis.
- Evaluate internet cognitive therapy for young people with PTSD using a randomised control trial to compare this against waiting list condition and face to face cognitive therapy.

5. Experience of Research Participants - What do research participants tell us?

All NHS Research Departments are required to take part in the national Participant Research Experience Survey. This is developed and led by the National Institute for Healthcare Research (NIHR) and supported locally by the NIHR Local Clinical Research Networks.

Berkshire Healthcare Research and Development staff work to promote the survey amongst the research participants that we engage with. It should be noted that where studies are accessed online or anonymously it is more difficult to contact the research participants to promote the survey.

The key findings for Berkshire Healthcare as compared to the wider Thames Valley and South Midlands Clinical Research Network region are as follows. Please note these are the percentage of individuals who responded to agree or strongly agree to the questions posed:



Examples of narrative feedback received are as follows:

Very friendly professionals; very reassured about biosecurity measures taken. Very appreciative that we were able to have a home visit because of my mobility problems. (Virus Watch)

It felt like someone was finally listening to me. Not being judged about my symptoms. It was nice to be asked (Hearing nasty voices)

It all seemed very professional but also compassionate and considerate of the topic of the research. (Psychological Impacts)

It was very professional and courteous which made the questioning (even though delicate sometimes) that much easier. (TANDEM)

Just their friendliness - they were so grateful that we were doing the study, they went out of their way to help us (Virus Watch)

What we need to improve?

- Improving experience survey response rates.
- Ensuring good communication of study requirement prior to enrolling participant
- Ensuring feedback of study progress at regular intervals.
- Feedback to study teams where research participants found research questionnaires too onerous.
- Improve signage to research unit.

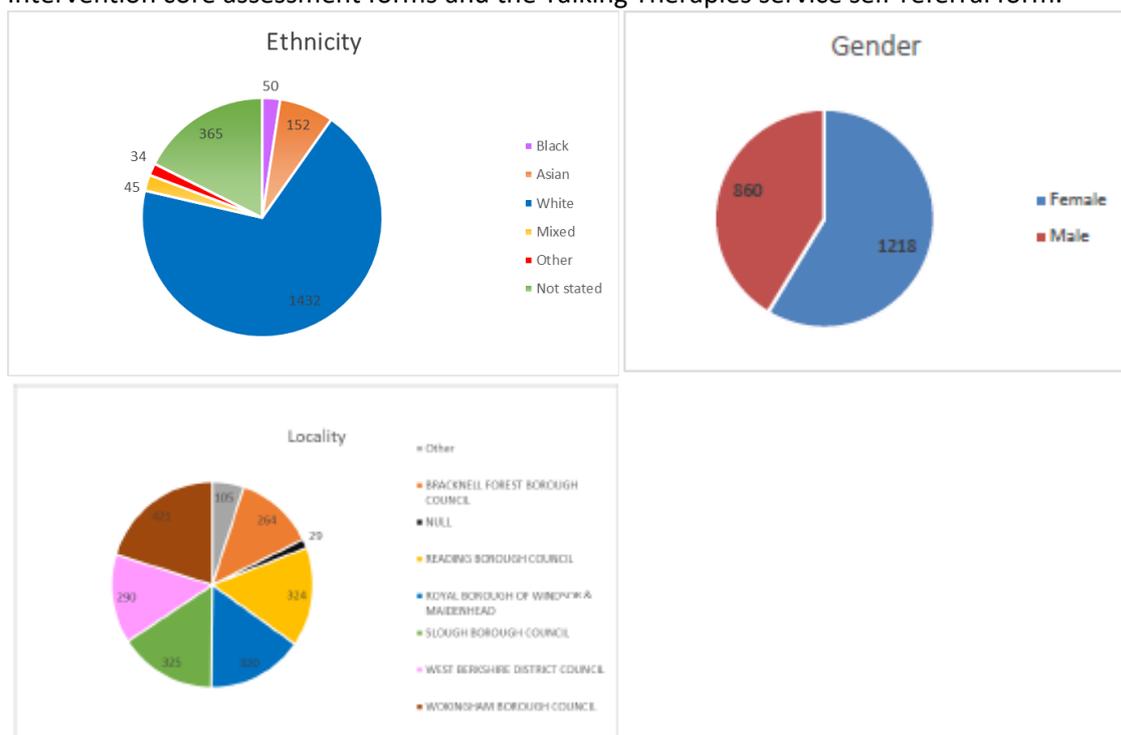
6. Equity of Access- What we know about equity of access to research opportunities at BHFT

The Future of UK Clinical Research Delivery published in March 2021 by the Department for Health and Social Care re-emphasised the need for patient centred research which ensures that access to and participation in research is as easy for all, including rural, diverse and under-served populations.

Locally, Berkshire Healthcare has launched a new Equality, Diversity and Inclusion strategy with a clear intention to address differentials of experience for patients and staff. The Research and Development department aim to provide as many people as possible with research opportunities i.e. access to treatments, interventions and assessments which are not available as standard care.

Progress:

- We are one of the most research active Mental Health and Community Trusts in the country. This means that patients, staff and carers have more research opportunities than if they received their care in/worked for a similar organisation.
- We invest our funding in a diverse range of staff members to ensure that research is delivered to the highest standards and that local access to research can be facilitated. In addition to our core Research and Development department staff members, in 2020/21 clinicians were funded to undertake research in Older Adults, CAMHS, Talking Therapies, Sexual Health, Urgent Care, Diabetes Services and Pharmacy. These clinical staff were located across Berkshire and worked in hospitals, clinics, community bases, universities and people's homes.
- It is not possible at the current time to provide accurate demographic data on the people who access the research that we provide. This is because data is submitted directly to study teams who analyse the data and it is not accepted practice to provide this information back to those who facilitated the delivery of the research. We continue to challenge this at national level.
- We hold a Research Interest List locally which patients can sign up to be contacted about research opportunities. Numbers of the list have approximately doubled in the last year to 2700 by the end of March 2021. This has been partly due to increased research interest due to COVID but mainly due to the work of the Trust Digital Transformation team and Talking Therapies who have built a standard 'consent to contact about research' question into diabetes and Early Intervention core assessment forms and the Talking Therapies service self-referral form.

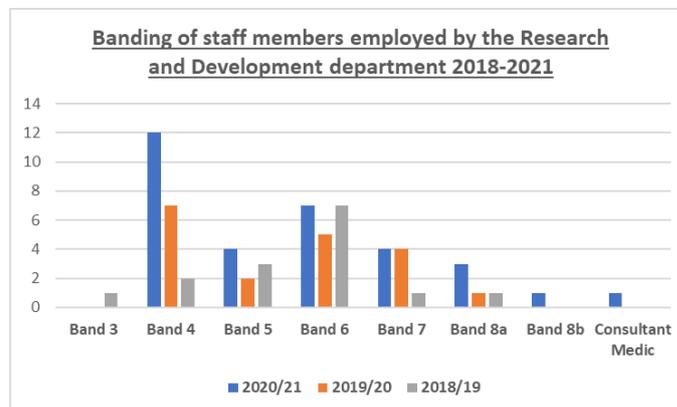


- We continue to engage services in research who have had limited or no access to research opportunities previously.

Our staff demographic profile: 32 Berkshire Healthcare individuals were funded by the R&D department either full or part time, permanent, fixed term or NHSP in 2020/21, compared to 27 in 2019/20.

2019/20

2020/21



7. Communication and Promotion- How do we promote and communicate research at BHFT?

The Research and Development team continually promote research and related opportunities.

Website –our website content and structure was significantly updated in 2020/21.

Intranet- we have developed a Nexus page to better support staff members to do research.

Media coverage-

Berkshire Healthcare COVID-19 vaccines article

<https://local.nihr.ac.uk/news/working-together-to-deliver-covid-19-vaccines-studies/27285>

Virus Watch, BBC Radio Berkshire, Dr Sanjoo Chengappa

<https://drive.google.com/file/d/1VC7Gv3ka7sFeTvCxCCUYEq2F3Bd4FMXM/view?usp=sharing>

Vaccine registry, call for BAME volunteers, Stephen Zingwe

https://drive.google.com/file/d/1wTt6KN72VvoECFi1YsDRVcC_A_D8oYYo/view?usp=sharing

100 Berkshire Healthcare responses to Participant in Research Experience Survey

<https://sites.google.com/nihr.ac.uk/tvsmpres/results?authuser=0>

Social media: We are increasingly using social media platforms to promote research and specific research participation opportunities.

Team brief and COVID news: We have used existing Trust communication mediums on at least 12 occasions to promote our research studies in 2020/21. Particularly those where staff had the opportunity to take part such as UK-REACH study which investigated the differing impact of COVID on healthcare workers of different ethnicities; the PRINCIPLE studies which provides access to COVID treatments in the community; vaccine studies and the Psychological Impact of COVID-19 study.

CAMHS research event: Open to all CAMHS staff members to inform and promote the research support available in Berkshire Healthcare.

Partner presentations: We presented at the University of Reading, School of Psychology and Clinical Language Sciences to help to build relationships, stimulate collaborations and enhance awareness.

8. People and Finances- Who delivers research at BHFT and how is it funded?

8.1 R&D department structure and staffing

The core BHFT R&D team are based at the University of Reading in the School of Psychology and Clinical Language Sciences although we operate home and/or remote working where possible.

The structure of the R&D department varies slightly depending on the studies we are delivering. At the end of March 2021 our core team comprised:



8.2 Research and Development External Funding

Source	2017/18	2018/19	2019/20	2020/21
NIHR CRN	392,792	400,000	420,000	445,000
CRN contingency funding	12,432	39,413	5,000	0
CRN Greenshoots funding	0	0	13,358	0
ETC Funding re qtr 4 2018/19	0	0	3,106	352
Research Capability Funding (RCF)	25,016	20,000	20,000	52,960
Commercial Income	13,247	10,453	2,414	3,457
Other Funding				
PoMeT Research project	11,056	0	0	0
IBER Study	0	5,258	150,353	63,279
STADIA	0	0	7,003	11,554
ASCEND	0	0	2,755	151,125
NIHR Fellowship	0	0	0	3,171
Totals	454,543	475,124	623,990	730,898

We receive Trust funding for our Head of R&D (three days) and in part for the Research Governance Facilitator and R&D Manager.

9. Governance

Research governance refers to the broad range of regulations, principles and standards of good practice that ensure high quality research. The R&D department is responsible for ensuring BHFT comply with the UK Policy Framework for Health and Social Care Research and related regulations. In order to ensure compliance in 2020/21 we have:

- Continued to maintain a register of all research activity that takes place involving BHFT staff, patients, carers or data.
- Continued to ensure all relevant approvals have been obtained and that the required contracts and key documentation is in place before the research begins.
- Reviewed and updated all but one of our research policies. The Intellectual Property policy will be updated in 2021/22.
- Reviewed and updated a quarter of our Standard Operating Procedures. A plan is in place to complete all remaining reviews in 2021/22.
- Developed a comprehensive audit programme to ensure we are adhering to our policies and procedures.
- Introduced a new Standard Operating Procedure to ensure that key aspects of information governance are understood and managed appropriately.
- Improved our databases to capture our early engagement and in-house research service activity.
- Continued to support local researchers and NHS staff members to undertake research at Berkshire Healthcare by arranging research passports, honorary research contracts and letters of access.
- Relunched the R&D Committee, chaired by the Head of R&D, with Clinical Director, R&D Senior Leadership team membership and University of Reading representation.
- Continued reporting every two months to the Clinical Effectiveness Group.

10. Performance- How well do we meet our targets and how do we compare to similar Trusts?

10.1 Overview

The R&D Department monitors performance against two sets of objectives. Firstly, specific objectives set by our main funders the National Institute for Healthcare Research (NIHR) Local Clinical Research Network (LCRN) and secondly, Berkshire Healthcare plan on a page team objectives. In addition, we are required to report our Clinical Trials Performance on our website.

10.2 Objectives allocated by NIHR LCRN 2020/21

We did not receive specific objectives from our main funders the Local Clinical Research Network in this financial year due to the pandemic. Instead all NHS R&D department were asked to prioritise COVID-19 vaccine studies, platform trials which tested multiple treatments and other COVID studies.

10.3 The R&D department objectives 2020/21 and progress

In line with the objectives that we set in our plan on a page last year we:

- Increased the proportion of research projects which relate to COVID-19. (Harm-free care)
- Increased visibility for clinical and service leads of all current research and proposed future research. (Harm-free care)
- Improved our research development capacity and support offering for individuals who would like to develop and/or deliver research studies (Supporting our staff)
- Improved the career development pathways for R&D staff members by reviewing our job descriptions and providing further job role clarity at bands 4-7. This work has made it clearer to understand what is needed to progress to the next level. (Supporting our staff)

- Improved retention by understanding and better supporting staff wellbeing. We have a wellbeing champion who highlights trust support and initiatives in an engaging way. (Supporting our staff)
- We supported staff to embed working remotely for a significant part of their role and to develop the necessary skills to operate safely and effectively. (Supporting our staff)
- We used the patient research experience survey feedback to make necessary improvements to our service (good patient experience)
- We worked with our partners to significantly increase the proportion of interventional v observational research (good patient experience)
- We increased access to research opportunities in service areas where there are no current active research projects. This included West Call Urgent Care services, CAMHS getting help services, SHaRON and district nursing and Estates and Facilities (patient experience)
- We have reviewed our approval, screening and delivery processes to increase efficient and effective as possible (money matters)
- We have identified an increased number of research projects that focus on technologies with a view to reducing clinical time for Berkshire Healthcare services.
- We have continued to move to electronic systems and eliminate paper where possible.

Our Plan on a page for 2021/22 can be found in Appendix 3

10.4 Clinical Trials Performance (CTP)

The Department of Health and Social Care is committed to improving clinical trial performance and reducing site set up and participant recruitment time. To this end NHS providers are required to report delays which have affected or may affect agreed clinical trial study timelines. In particular we are required to publish information on recruitment to clinical trials and delivery to time and to target for commercial clinical trials on our website using a Clinical Trials Performance report.

To access our 2020/21 CTP reports please visit the link <https://www.berkshirehealthcare.nhs.uk/get-involved/our-research-and-development/>. Three of these studies did not recruit the first participant in 30 days because no patient consented and fourth experienced sponsor delays.

11. Partnership Working and Collaborations

11.1 Portfolio delivery

Partnership working is of paramount importance to the research we deliver in Berkshire Healthcare. We have worked with 29 universities and 11 NHS organisations over the past year to bring research opportunities to patients, staff and carers (see appendix 4 for details). The relationship with these institutions was in their role as sponsor or employer of the Chief Investigator.

11.2 National networks

Berkshire Healthcare are also members of the UK Research and Development (UKRD) which is a community of Research and Development leaders with responsibilities to Board for the R&D function in their organisation. Our involvement in this group is via the Head of R&D and we have contributed to multiple conversations and senior government discussions throughout 2020/21. In addition, a number of staff members in the R&D department link into the NHS R&D Forum (RDF) which is a UK-wide community of practice and professional network for the health and care research management, support and leadership workforce.

11.3 NIHR Local Clinical Research Network (LCRN) Thames Valley and South Midlands

The NIHR Clinical Research Network comprises 15 LCRN's that cover England. They coordinate and support the delivery of research in the NHS and wider care landscape. Our LCRN is Thames Valley and South Midlands which covers Berkshire, Buckinghamshire, Milton Keynes and Oxfordshire.

As discussed earlier in the report the LCRN is our main funder however they also support in the identification of studies, provide networking and training opportunities, expert support, guidance and national and regional updates. As an organisation we attend meetings at Executive, Head of Service, Manager and Lead practitioner/Research Nurse level.

11.4 University of Reading

Our main research collaborations with the University of Reading are with the School of Psychology and Clinical Language Sciences. In the last year we have supported at least a dozen academics with developing research proposals, research grants, linked academics with clinicians to work on research ideas, funded staff to support NIHR portfolio delivery, acted as lead NHS organisation or participating site for University of Reading led NIHR portfolio studies and met regularly with the Research Division leads to ensure we are prioritising areas of mutual interest.

11.5 Oxford Health NHS Foundation Trust

Our collaboration and partnership working has continued throughout 20/21. During COVID-19 vaccine trials we arranged Letters of Access for our staff and released their time to support these important studies. In return Oxford Health provided paediatric blood support to one of our COVID-19 Urgent Public Health studies. We continue to share knowledge and learning in relation to governance; national, regional and local initiatives and potential research opportunities.

11.6 Royal Berkshire Hospitals NHS Foundation Trust

We continued to identify opportunities to collaborate throughout 2020/21. We loaned three staff members during wave 1 of the COVID-19 pandemic to support a particularly labour-intensive study.

We also worked together to identify potential locations and staff members who could support COVID-19 vaccine trials. We were unsuccessful in our expression of interest to host a Berkshire hub for vaccine research trials. This would have been led by Royal Berkshire Hospitals.

Moving forward, it is felt that collaborations relating to Dementia and Neurodegeneration studies might bring the most benefit to Berkshire residents. Royal Berkshire Hospitals open relatively few NIHR portfolio studies in this area and it is a national priority area. Meanwhile Berkshire Healthcare have expertise to deliver these studies but not the equipment or medical back up required.

11.7 Oxford Academic Health Science Network (AHSN)

Berkshire Healthcare are represented at the Oxford AHSN Research & Development group by the Head of R&D. This group comprises representatives from universities, NHS trusts and related bodies in the Oxford AHSN region and provides opportunities for collaboration between the NHS and university partners within the region. Key national and regional updates are also received.

11.8 Frimley Health Foundation Trust

We have worked with the R&D department at Frimley Health to identify areas of mutual interest. Diabetes and long COVID are of particular interest at present and we are reviewing current NIHR portfolio opportunities that might benefit from joint working.

12. Future Direction- DRAFT R&D strategy outline

In recent months we have seen several documents at national level which indicate the increasing importance which has been attached to research development and delivery. They also signal a coordination of focus and effort across policy areas and strategies for example National Institute of Health Research, NHS England and NHS Improvement, Department for Health and Social Care, Care Quality Commission, National Institute for Health and Care Excellence and the upcoming NHSX digital strategy. Our draft R&D strategy outline is consistent with the national direction:

	VISION- where do we want to be in 2024	PLAN			ALIGNMENT WITH STRATEGY		
		YR 1	YR 2	YR 3	TRUST	ICS	NATIONAL
PRIORITISED	100% of research carried out at Berkshire Healthcare aligns with a Patient and Public Involvement, clinical service, Trust, Integrated Care System or National Priority	X			X	X	X
EMBEDDED	All our people in clinical services can articulate the role they play in research	X					X
ACCESSIBLE	Our patients know how to access research opportunities	X			PE		X
EQUITABLE	All our patients are able to access research opportunities which are of interest to them.	X			PE		X
SUPPORTED	Our people who want to develop or deliver research have the guidance, support and time to do so.		X		SOP		
VISIBLE AND IMPACTFUL	Our staff, patients, carers and partners know the benefits and impacts of the research we are involved in		X				X
COLLABORATIVE	We work with a range of partners to design, support and deliver research		X		MM	X	
VALUED	Our people are supported to develop and practice the skills they need to carry out research		X		SOP		
INCOME GENERATING	We have a minimum of three NIHR grant funded projects hosted by Berkshire Healthcare at any one time			X	MM		
INNOVATIVE	We will double our commercial research, providing patients with the access to more cutting-edge treatments, interventions and technologies.			X	MM		
EVIDENCE-BASED	Our people will have access to and be aware of the latest evidence for the clinical area/speciality in which they work			X	HFC		
RECRUITED AND RETAINED	We will attract and keep research interested, skilled and experienced staff because they feel able to progress their research interests and careers at Berkshire Healthcare			X	SOP		

Appendix 1: Summary of Open Studies and Studies in Set Up by Service Area in Berkshire Healthcare for FY2020/21

COVID-19 – 2020/21 projects				
Study title and lead	Summary	Reference	Portfolio status	Study end date
Psychological impact of COVID-19 (LC – Emma Donaldson)	This study aims to explore the psychological impact of COVID-19 outbreak and the resultant restrictions in terms of behavioural, emotional and social factors. Questions will be asked of the data collected to see what factors may be supportive or more detrimental to wellbeing. The general public including health professionals and those with pre-existing mental health conditions will be invited to complete the survey.	2020-14	Portfolio	25/09/2021
Enforced social isolation and mental health (LC – Daisy Fancourt)	This will be an online survey of people's experiences of social isolation due to Covid-19.	2020-16	Non Portfolio	18/05/2021
PRINCIPLE (PI – Dr Sandeep Sandhu)	As yet, there are currently no known treatments for COVID-19 that have been proven to be effective. Our trial aims to evaluate potential treatments as they are identified. To be able to do this, we aim to test one or more suitable, potential treatments for COVID-19, as soon as they become available. We will evaluate drugs that are well known and have been used for many years around the world. We aim to find out whether selected treatments given to those at higher risk of becoming more ill when they are infected with COVID-19 helps reduce the need for hospitalisation and the length of stay required, helps people recover quicker and get fewer complications.	2020-17	Portfolio	25/03/2022
SOLITUDE (PI – Pramod Kumar)	This study will invite people with dementia and their carers to complete three interviews over the phone, during the course of 6 months. This study will identify individuals who may be more deeply affected by social isolation. It will also help us describe the relationship between social isolation and worsening of dementia symptoms. Such findings will allow us to improve care delivery and inform prevention.	2020-27	Non Portfolio	30/09/2021
Virus Watch (PI – Dr Sanjoo Chengappa)	The Virus Watch study will recruit a community cohort of 25,000 across England. In this population we will measure the frequency of respiratory infection syndromes and related behaviours. Through linkage with NHS Digital, we will measure the impact of infections on hospitalisations and deaths. In a nested sub-cohort of 10,000, we will measure the incidence of PCR confirmable COVID-19, its clinical symptom profiles, the proportion of the population infected after each wave of the pandemic and the protective effect of antibodies acquired through natural infection. In a subset of people, we will conduct a household contact follow up survey & PCR to measure the extent of pre-symptomatic and asymptomatic viral shedding in household contacts. We will also monitor population movement and assess the extent to which public contact increases the risk of infection.	2020-30	Portfolio	30/09/2021 (In follow up)

Child Anxiety Treatment in the Context of COVID-19 (CO-CAT) (LC – Emma Donaldson)	This study worked with children, parents, and NHS clinicians to develop a brief online parent-led cognitive behavioural treatment (CBT) delivered by the OSI platform that parents/carers of children with anxiety disorders work through with remote support from a CAMHS therapist. We will now test whether access to the OSI platform together with therapist support works as well as what CAMHS are otherwise offering to help children with anxiety problems (whatever this might be while social distancing measures are in place and in the post COVID-19 recovery phase), and whether OSI as delivered with therapist support brings economic benefits. We will also provide an understanding of parents' and therapists' experiences of digital treatments in CAMHS in the context of COVID-19.	2020-38	Portfolio	30/08/2021
BASIL-C19 (PI – Nick Woodthorpe)	URGENT PUBLIC HEALTH. This COVID study looks at social isolation in older adults.	2021-01	Portfolio	03/10/2022
UK REACH (PI – Stephen Zingwe)	URGENT PUBLIC HEALTH. Study looking at existing data held by national healthcare organisations to understand what the risk of having, and dying from, COVID-19 is for ethnic minority healthcare workers (HCWs). We will also follow a group of ethnic minority HCWs over 12 months to see what changes occur in their physical/mental health.	2021-04	Portfolio	31/03/2021

Dementia – 2020/21 projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Alzheimer's Dementia Genetics (PI- Nick Woodthorpe)	ADG is a study run by Cardiff University looking for DNA bio-markers specifically related to Alzheimer's disease. This involves a blood test preferably but samples of saliva can be collected where bloods are not available. Cognitive measures, a quality of life questionnaire and family history are collected in addition to the samples. (Study on hold)	2014-31b	Portfolio	31/03/2021
BDR3 (LC – Shani McCoy)	Brains for Dementia Research is a study whereby participants have donated their brains to the research project following their death. In a longitudinal approach participants are reviewed on an annual basis to understand their cognitive function, physical health and other specified markers which are then paired with brain tissue analysis following harvest of the brain.	2018-14	Portfolio	31/03/2026 (In follow up)
Living well and enhancing active life: The IDEAL-2 study (PI- Nick Woodthorpe)	IDEAL-2 is a longitudinal study utilising questionnaire approach to understand the lived experience of individuals living with dementia and that of their carers. This is a multi-site multi-organisation study that is aiming to build a database of information that can be accessed by researchers in the future. This study is currently in its fourth year coming into the fifth and has produced several research papers from the data collected to date.	2018-17	Portfolio	26/05/2021
Current practice relating to Assistive Technology within Memory Services (PI – Gwen Bonner)	This project aims to determine current practice of professionals working in memory services in the provision of information on, and access to, Assistive Technology for families living with dementia.	2018-28	Portfolio	31/05/2020

Dementia with Lewy Bodies Genetic study (PI- Nick Woodthorpe)	DLB Genetic study is a study run by Cardiff University looking for DNA bio-markers specifically related to dementia with Lewy bodies. This is a branch of the original Alzheimer's Dementia Genetics study and has the same samples to be collected including blood test (or saliva where this is not possible), cognitive measures, quality of life questionnaire and family history.	2019-05	Portfolio	01/06/2020
Nutrition, hydration and care for people with dementia at the end of life: How can we best support family carers? (PI- Adebayo Anjorin)	The aims of this University College London study are to explore carers' understanding of how best to manage eating and drinking at the end of life for someone with dementia; establishing if there are gaps in their knowledge and also identifying what information Practitioners provide to carers. We will set the scene for developing a carer resource if this appears desirable.	2019-20	Portfolio	31/07/2020
Exploring and managing dementia in black African and Caribbean Elders - EMBRACE (PI- Stephen Zingwe)	Our Older adult services will collaborate with University College London to conduct a qualitative study with semi-structured interviews and participant observations to explore how people from the UK's Black ethnic groups and their families and friend carers conceptualise and manage memory problems and dementia, their expectations of and attitudes towards treatment and care, and the lived experience of the individuals with dementia who continue to live independently at home or move to a care home, and their family carers. (2019-19)	2019-19	Portfolio	17/06/2020
PriDem: Primary care led support in dementia: Developing best practice (PI – Nick Woodthorpe)	New recommendations have been made about the types of help needed by people with dementia. We want to find out what you think about these recommendations and how to put them into practice. This will help us to develop a new model for support people after a diagnosis of dementia. PriDem are looking to interview you and/or a family member or friend about your experiences. They are looking for people with a diagnosis of any type of dementia. They would also like to talk to family members or friends of people with dementia. You can participate together or separately.	2019-08	Portfolio	03/06/2020
Clarity-AD (LC - Sarra Blackman)	This is a multinational, multicenter, double-blind, placebo-controlled, parallel-group study using a Bayesian design with response adaptive randomization across placebo or 5 active arms of BAN2401 to determine clinical efficacy and to explore the dose response of BAN2401 using a composite clinical score (ADCOMS)	2019-27	Portfolio	31/03/2021
NIDUS-Family (PI – Leena Reddy)	The study will recruit 297 family/friend carers and people with dementia (dyads) who live at home through memory services, GP practices, home care agencies and Join Dementia Research. 198 participant dyads will be randomly chosen to receive the intervention (NIDUS-family) alongside usual care, and 99 participant dyads will be randomly chosen to receive usual care without NIDUS-family. We will compare if participants who receive NIDUS-family have better outcomes (goal attainment, quality of life, activities of daily living, symptoms and service use) than those who do not receive it at 6 and 12-months.	2020-22	Portfolio	28/02/2023
Measuring the social care outcomes of people with dementia and carers (PI – Gaurav Chakrabarti)	This study will test the ASCOT-Proxy and the ASCOT-Carer with 300 carers of people with dementia living in their own home. People will be invited to complete a paper questionnaire or online survey with an optional brief follow-up questionnaire one week later. The study will be advertised with the help of local authority adult social care departments, carers' organisations and care providers. We will also advertise the study on social media. The information collected will be used to assess whether the questionnaires are easy to complete and measure what they are intended to measure – that is, aspects of people's lives that might be affected by social care services – in a way that is stable over time.	2020-34	Portfolio	31/08/2021 (In follow up)

ADePT (LC – Stephen Zingwe)	This study involves interviews with NHS personnel involved in Dementia Diagnostic Pathway nationwide in order to gain insight into how the pathway operates in practice. The pathway processes will be mapped and analysed across multiple NHS Trusts in order to identify issues and opportunities that may be addressed via digital health technologies. The aim of this study is to understand the needs of users, enabling an effective and successful deployment and adoption of a digital technology for cognitive assessment in the NHS.	2020-42	Non Portfolio	01/04/2021
--	---	---------	---------------	------------

Mental Health – 2020/21 projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
ADHD				
PROUD (PI - Dr James Jeffs)	Aims to evaluate the effectiveness of a new intervention to prevent comorbid depression and obesity in ADHD	2017-34	Portfolio	30/07/2020
Autism				
ASC-UK: Learning about the lives of adults on the autistic spectrum (PI – Trevor Powell)	In this project, we will undertake the first stage of a programme of research into the life-course experiences of people with ASD. Experts in ageing and life-course, experienced ASD researchers, and people with ASD and relatives will undertake this project. We will engage with people with ASD, their parents, siblings and partners, and meet and discuss with them to understand much more about how ASD affects people’s daily lives as they age.	2015-15	Portfolio	31/12/2021 (In follow up)
Females with Autism Spectrum Disorder and Borderline Personality disorder – the overlap (PI- Trevor Powell)	Using Interpretative Phenomenological Analysis, explore and identify themes around how females with both ASD and BPD perceive self-harm, abandonment and their diagnosis, in order to learn more about the overlapping features of ASD and BPD.	2019-17	Non Portfolio	31/12/2021
Elucidating the relationship and co-development of sensory reactivity and mental health symptoms in autism (PI -Teresa Tavassoli)	This project will explore if sensory reactivity, such as being oversensitive to sounds, is associated with anxiety and related mental health symptoms. To do so we will follow 100 3-4 year old autistic children and 100 5-6 year old autistic children for 5 years.	2019-23	Non Portfolio	01/05/2023

SPRINT: The Prevalence of Social Communication Problems in Adult Psychiatric Inpatients (PI – Mary Waight)	Aims: 1) To estimate the prevalence of Autism Spectrum Disorders (ASD's) amongst adults who have been admitted to psychiatric hospitals (including those with intellectual disabilities) population of adult psychiatric inpatients. 2) To examine the association between other mental and physical health conditions in adults who meet diagnostic criteria for ASD's with those who do not meet such criteria (all of whom have been admitted to a psychiatric hospital).	2020-06	Portfolio	01/06/2021
Investigating differences in social cognition in women with diagnoses of Autism Spectrum Conditions and Emotionally Unstable Personality Disorder (Clinical Psychology Doctorate – Bryony Summerhayes)	This study is looking to understand differences in the thinking styles between women with diagnoses of Emotionally Unstable Personality Disorder (EUPD), compared to women with Autism. It is hoped the findings from the study will contribute to understanding of the difference between EUPD and autism in women, helping to improve the process of diagnosis.	2020-19	Non Portfolio	31/12/2020
Music-assisted programmes (MAP): Developing communication in autism spectrum disorder through music making (LC – Emma Donaldson)	The proposed research aims to develop a set of music-assisted intervention programmes to increase spoken language ability in 24-60-month-old, nonverbal or minimally verbal children with autism spectrum disorder (ASD)	2020-11	Portfolio	30/06/2021
UK National Autism Diagnostic Services survey 2020 (LC – Emma Donaldson)	The survey aims to collect data relating to the way diagnostic services function, the challenges they face, and adaptations that they have made to meet challenges.	2020-26	Portfolio	31/10/2020
Speech and Language access for preschool children with Autism (Academic Project, PhD - Iona Wood)	This qualitative study aims to provide an in-depth understanding of the individual, service, organisational and structural factors impacting on access to Speech and Language Therapy for preschool children with Autism from the perspective of a range of stakeholders.	2021-03	Non Portfolio	02/06/2023
Borderline Personality Disorder				
A questionnaire study examining the link between experiences of betrayal and Borderline Personality Disorder (BPD) (Clinical Psychology Doctorate - Stephanie Barningham)	This study will investigate whether experiences of betrayal (betrayal sensitivity and betrayal of others) are a key feature of BPD and will compare betrayal responses across the three groups (BPD, OCD clinical control and non-clinical control group). Student project	2019-30	Non Portfolio	25/09/2020

Bipolar				
Imagery Based Emotion Regulation (IBER) (PI - Craig Steel)	BHFT have collaborated with the University of Reading to do a study to test whether a psychological therapy, called Imagery Based Emotion Regulation (IBER), can help with the symptoms of anxiety within people already diagnosed with bipolar disorder. Recent research suggests that most people diagnosed with bipolar disorder may also suffer from anxiety, but they rarely get assessed, diagnosed or treated for this part of their mental health.	2018-06	Portfolio	30/09/2020
Depression				
Genetic Links to Anxiety and Depression (GLAD) (PI - Dr Amir Zamani)	Kings College London will explore genetic and environmental factors associated with risk for depression and anxiety disorders in the UK, to understand these common disorders and help develop better treatments. The participants will be recruited into an existing biobank, the NIHR BioResource for Translational Research in Common and Rare Diseases, a re-contactable biobank. Our recruitment will help towards forming the largest re-contactable biobank of participants diagnosed with or suffering from two very common disorders, depression and anxiety, who will be primarily recruited through an online platform.	2019-13	Portfolio	01/09/2028
Maladaptive sleep-related beliefs and attitudes in co-morbid depression and sleep disturbance in older adults(Clinical Psychology Doctorate – Elizabeth Templeman)	We are interested in looking at the relationship between depression and sleep difficulties in older adults. We know there is a link between depression and insomnia, with poor sleep being a risk factor for developing depression and vice versa. Despite this knowledge it is still unclear what is underlying this relationship. A large number of people who have treatment and recover from depression still have sleep difficulties and this can impact the likelihood of the reoccurrence of depressive symptoms.	2019-36	Non Portfolio	30/09/2020
Eating Disorders				
TRIANGLE (PI - Dr Elma Ramly)	Our Eating Disorder service is collaborating with King's College London on a project involving patients with anorexia nervosa and their carers. The project investigates whether providing extra information on how to cope with the illness to both patients and carers improves their wellbeing up to 18 months post-admission. The aim is to ensure a smooth transition between inpatient treatment and integration in the community. The project also entails measuring symptom burden with questionnaires at different time points. Patients will be reimbursed for completing the questionnaires.	2017-01	Portfolio	01/06/2021
The influence of social communication styles and cognitive profiles on restrictive eating disorders in women (Academic Project, PhD - Janina Brede)	This current study aims to assess the role of autism-specific factors for the development and maintenance of restrictive eating disorders (REDs) in autistic individuals, via a comparison of autistic women with AN, women with AN who are not on the autism spectrum, and autistic women who do not have an eating disorder.	2020-02	Non Portfolio	31/12/2020

<p>An exploration of the relationships between attachment, expressed emotion and early symptom change in family therapy for adolescent anorexia nervosa</p> <p>(Clinical Psychology Doctorate – Francesca Glover)</p>	<p>The study is trying to find out more about why family therapy for Anorexia Nervosa might be more helpful for certain people and less helpful for others. In order to investigate this, we are going to use questionnaire measures to explore the effect of two things on the outcome of treatment:</p> <p>1) Adolescents' emotional bond (or 'attachment') to their main caregiver.</p> <p>2) The ways in which emotions are communicated ('expressed emotion') between adolescents and their parents.</p>	2020-03	Non Portfolio	16/04/2021
<p>Eating Disorders and Social Media</p> <p>(Clinical Psychology Doctorate – Zahra Khaki)</p>	<p>The aim of this study is to understand how people with eating disorders experience social media. There is a lot of talk about social media in the press and we are particularly interested in what the effects of using social media might be. Participants will be asked to complete three questionnaires, then will be asked to scroll through an Instagram feed for 15 minutes, where they will be able to like photos as they wish. Participants will be randomised as to which of the two Instagram feeds they will look at and then will be asked to complete four more questionnaires.</p>	2020-24	Non Portfolio	01/06/2021
Learning Disabilities				
<p>An evaluation of the psychometric properties of the adapted PHQ-9 and GAD-7 outcome measures for use with adults with intellectual disabilities.</p> <p>(Clinical Psychology Doctorate – Hannah Jenkins)</p>	<p>People with Intellectual Disabilities (ID) have more mental health problems than the general population. They face many barriers to getting help for problems such as depression and anxiety. One barrier is the lack of adapted materials, like questionnaires, to help assess mental health problems in people with ID. Questionnaires are often used in mental health services to assess if people have problems with feeling anxious or depressed and the questionnaires help to check if people are getting better. Some of these questionnaires have been adapted so they are suitable to be used with people with ID. Making adaptations to the questionnaires was part of a previous research project. It is now important to make sure these adapted questionnaires measure what they are supposed to measure (they need to be valid and reliable).</p>	2020-28	Non Portfolio	30/06/2021
<p>Online Support Group Use and Wellbeing of Carers of People with ID</p> <p>(PI – Dr Jon Codd)</p>	<p>The research aims to explore the importance of carer networks and peer support as an adjunct to existing service support in health care. The Support Hope and Resources Online Network (SHaRON) is an online support network used across services in Berkshire Healthcare. SHaRON will be implemented with learning disabilities services with a platform for relatives and paid carers initially and then a separate platform for people with an intellectual disability.</p>	2020-20	Non Portfolio	03/02/2023
Psychosis				
<p>The SlowMo Trial</p> <p>(PI – Gwen Bonner)</p>	<p>This study aims to test the clinical efficacy of SlowMo, a new therapy, and determine the mechanism through which it reduces paranoia severity, over 24 weeks, and to identify participant characteristics that moderate its effectiveness (either by moderating the degree of change in the mechanism, or by influencing adherence to the intervention).</p>	2016-77	Portfolio	01/09/2020
<p>EFFIP</p> <p>(PI – Jacqueline Sin)</p>	<p>Randomised controlled trial commencing with an internal pilot RCT to evaluate the effectiveness of an online intervention to promote carers' wellbeing.</p>	2017-41	Portfolio	31/12/2020

EYE-2 (PI - Katherine Mckinnon)	A randomised controlled trial that aims to evaluate the effectiveness of a team based intervention in Early Intervention Psychosis teams.	2018-31	Portfolio	31/01/2022 (In follow up)
THRIVE (PI – Gwen Bonner)	A randomised controlled trial comparing Virtual Reality Confidence Building with VR Mental Relaxation for people with fears about others	2018-19	Portfolio	30/12/2021 (In follow up)
Molecular Genetics of Adverse Drug Reactions (MolGen) (PI- Dr Sharif Ghali)	A biomarker study that aims to define the genetic and non-genetic risk factors predisposing to adverse drug reactions to clozapine.	2013-04	Portfolio	30/04/2023
PPiP2 (PI- Dr Sanjoo Chengappa)	A study that aims to establish the prevalence of pathogenic antibodies in patients with first episode psychosis.	2017-44	Portfolio	30/11/2022
The Game Change Trial (LC – Emma Donaldson)	A randomised controlled trial testing automated virtual reality cognitive therapy for patients with fears in everyday social situations.	2019-22	Portfolio	31/12/2021 (In follow up)
Exploring Unusual Feelings (PI – Emma Cernis)	This study is a questionnaire study where 1000 patients with non-affective psychosis will answer a pack of 10 questionnaires (approx. 30 minutes), and some brief demographic details (age, gender, ethnicity). They will answer the questionnaires once only (a “cross-sectional” design). We will then use the latest statistical methods (network analyses based on probability estimations) to understand the likely causal relationships between the psychological factors measured. Specifically, the aim of the study is to better understand what factors cause dissociation, and whether dissociation might cause psychotic symptoms	2019-32	Portfolio	30/04/2020
Hearing Nasty Voices (PI – Sanjoo Chengappa)	A questionnaire study to better understand the problem of hearing derogatory or threatening voices	2020-09	Portfolio	29/10/2021
Does being more satisfied with romantic relationship status increase wellbeing in people who experience psychosis? (LC – Emma Donaldson)	Questionnaire study to measure if increased satisfaction with romantic relationship status is associated with better wellbeing outcomes in people who experience psychosis	2020-04	Portfolio	31/03/2021
PREFER: Patient preferences for voice hearing therapies (LC – Emma Donaldson)	This study aims to explore patient preferences for psychological therapies for the experience of hearing distressing voices	2019-44	Portfolio	30/11/2021

The SleepWell Trial (LC – Emma Donaldson)	The SleepWell trial will now work with forty young people (aged 14-25 years) to test the feasibility of treating sleep problems in young people at high risk of psychosis. The results of this study will determine whether a larger and more conclusive trial of our psychological intervention can take place.	2020-32	Portfolio	01/11/2022
Inpatient CBTp Delphi Study (PI – Catherine Evans Jones)	A Delphi study examining key competencies for the delivery cognitive behavioural therapies for psychosis in acute psychiatric inpatient settings.	2020-39	Non Portfolio	31/12/2021
What are the experiences of people from black and minority ethnic groups with a diagnosis of psychosis leading up to their recovery? (Staff project – Ranjan Baruah)	The intent of the proposed study is to learn about patients experiences with a diagnosis of psychosis from different ethnic backgrounds who has attained recovery.	2019-18	Non Portfolio	31/01/2022
PTSD				
Stop-PTSD (PI - Anke Ehler)	The design is a single blind (assessors of treatment outcome blinded) randomised controlled trial comparing two therapist-assisted internet-based psychological treatments for posttraumatic stress disorder and a wait-list condition, with an embedded process study	2017-39	Portfolio	30/09/2020
OPTYC Online PTSD Treatment for Young People and Carers (LC – Dorothy King)	Post Traumatic Stress Disorder (PTSD) is prevalent and impairing in children and young people. Effective face to face treatments exist, including Cognitive Therapy for PTSD (CT-PTSD), developed by our group. However, few young people access effective treatments. We are therefore developing a website and smart-phone App that will improve accessibility of this treatment by allowing trained therapists to deliver CT-PTSD over the internet (iCT) to young people (12-17 years old) with PTSD. In this study we want to evaluate iCT. We propose to do this by running a 3-arm randomised controlled trial to compare iCT to face-to-face CT to a Wait List condition.	2020-23	Portfolio	26/02/2022
Internet treatment for PTSD in IAPT (OVERCOME-PTSD) (Anke Ehlers)	This study is primarily auditing the effectiveness of iCT-PTSD (an internet-based version of trauma-focused cognitive therapy) in routine clinical practice.	2021-05	Non Portfolio	31/08/2022
Self Harm				
Exploring Mental Imagery and Self-Harm in Young People (Clinical Psychology Doctorate – Karima Susi)	The current project aims to investigate the amount and nature of any mental imagery related to self-harm and whether mental imagery strengthens the link between negative feelings before self-harm and completing self-harm primarily using a 20 minute questionnaire but also a 30-60 minute in-depth interview. The findings of the study could help assessment and treatment for young people who self-harm	2020-18	Non Portfolio	30/07/2021

Suicide				
National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH) (PI – Louis Appleby)	Establishing and regulating working practices for safeguarding the receipt, disclosure and holding of identifiable patient information	2018-38	Portfolio	04/01/2022
Qualitative study with Mental Health Practitioners' (Academic Project, PhD - Zaid Hosany)	The purpose of this study is to understand the views and preferences of staff working in the CRHTT (Mental Health Practitioners, Senior Mental Health Practitioners, Advanced Mental Health Practitioners, Managers, Psychologists and Assistant Psychologists and Psychiatrists) regarding the use of Brief Suicide-specific Psychological Interventions (BSPI) within a Crisis Resolution and Home Treatment Team (CRHTT) service.	2018-36a	Non Portfolio	06/01/2021
Quantitative study with Mental Health Practitioners (Academic Project, PhD - Zaid Hosany)	The purpose of this study is to evaluate whether a training in brief suicide-specific psychological interventions (BSPI) with Mental Health Practitioners (MHPs) within a Crisis Resolution and Home Treatment Team (CRHTT) service to support suicidal patients produces measurable changes in nursing practice and patient care.	2018-36b	Non Portfolio	30/04/2021
Suicide by middle aged men (PI - Louis Appleby)	This study will combine multiple sources of information to examine factors related to suicide in this hard-to-reach group, including barriers to accessing services.	2019-28	Portfolio	31/03/2021
Does feeling connected and valued affect the way people feel about themselves and their lives in people aged 50 years and older from different cultures (Clinical Psychology Doctorate - Iman Hassan)	The study aims to see if feeling connected and valued affect the way people feel about themselves and their lives in people aged 50 years old and above. We are particularly interested in thoughts related to suicide. We are also interested in seeing if there are any differences in people from cultures that place more importance on being part of a group, such as a close family or community network, compared to people from cultures that place more emphasis on the individual. Student project	2019-31	Non Portfolio	31/07/2020
IAPT (Talking Therapies)				
Internet-delivered CBT intervention (Space for Sleep) for sleep disorder: a pilot trial (PI – Sarah Sollesse)	The current study seeks to investigate the feasibility of an internet-delivered CBT-based intervention for sleep disorder. CBT for Insomnia is evidence based and recommended as first line treatment in NICE clinical guidelines in the UK and the evidence based intervention for the management of sleep problems (Schutte-Rodin, et al., 2008). The findings will be used to understand the feasibility of an online intervention for sleep disorder/difficulties and to improve the programme in accordance with user needs.	2019-14	Portfolio	01/07/2020

Understanding SilverCloud Supporter Information Practices & Data Needs (PI- Sue Scuphum)	A brief 35 minute interview with Psychological Wellbeing Practitioners, who are currently using the SilverCloud service as 'supporters' to look at their experiences of working with SilverCloud	2019-33	Non Portfolio	30/06/2020
The Bigger Picture – IAPT (LC – Emma Donaldson)	This research aims to find out how we can make “psychological therapy” more helpful for people living in more deprived areas.	2019-38	Non Portfolio	01/06/2021
PIPS (PI – Sarah Sollesse)	COMMERCIAL STUDY. We need to develop tools that can improve the precision with which we allocate treatments in psychiatry. Current psychiatric disease classifications (DSM-5, ICD-10) ensure reliable diagnoses across clinicians, but their diagnostic categories do not allow for individual treatment predictions – for example, most patients with major depression do not recover after their first treatment. This project aims to remedy this by using machine learning to develop an algorithm that can quantify how likely an individual is to respond to a range of mental health treatments, specifically in this case, online cognitive behavioural therapy (iCBT)	2020-07	Portfolio	31/12/2021
Improving Access to Psychological Therapy (PI – Sarah Sollesse)	This study will look at 4 years' worth of data from an IAPT service to take a deep dive into how iCBT has impacted depression and anxiety, firstly by comparing outcomes to GSH and group wellbeing, and secondly by analysing sociodemographic and clinical covariates associated with these different interventions and their outcomes. This will help understand the effects of iCBT as compared to other similar treatments and in different populations and subgroups, and would help to improve the content and delivery of this innovative form of therapy in future.	2020-21	Non Portfolio	01/06/2022
The Implementation of Digital Interventions in Healthcare Services (PI – Sarah Sollesse)	The current research seeks to qualitatively explore the experiences of groups involved with the implementation of iCBT interventions in Improving Access to Psychological Therapies Services in the NHS. These groups will consist of psychological healthcare professionals (psychological wellbeing practitioners, service managers, clinicians), patients and individuals associated with the provision and development of an iCBT intervention (commercial/sales people, customer success managers, product developers). This research aims to investigate the lived experience of implementing internet-delivered interventions in modern healthcare services, as well as the factors that are of most importance to the relevant stakeholder groups involved.	2020-29	Portfolio	29/01/2021
The Watch Study (PI – Sarah Sollesse)	COMMERCIAL STUDY. The current study seeks to investigate the acceptance of the use of a smartwatch in an internet-delivered Cognitive Behavioural Therapy (CBT) based intervention for depression. CBT for depression is evidence-based and recommended as first-line treatment in NICE clinical guidelines in the UK.	2020-35	Portfolio	30/04/2021
Internet cognitive therapy for social anxiety disorder (iCT-SAD) (PI – Alison Salvadori)	This study is primarily auditing the effectiveness of iCT-SAD in routine clinical practice.	2020-40	Non Portfolio	31/03/2022

Non-specific mental health				
Cause and Prevalence of Memory Problems (CAP-MEM) (LC- Stephen Zingwe)	A questionnaire study that aims to explore the cause and prevalence of memory problems in people with mental health, neurodevelopmental and neurodegenerative disorders.	2018-23	Portfolio	31/03/2021
The influence of changes in self-concept after brain injury (Clinical Psychology Doctorate - Christina Cusack)	Aims and Objectives of the study: 1. Is carer burden influenced by brain injury survivors' perceptions of self-concept? 2. Is carer burden influenced by their perceptions of changes in self-concept of the brain injury survivor? 3. Is perceived social support influenced by brain injury survivors' and relatives' perceptions of self-concept changes in the brain injury survivor? Are the factorial and psychometric properties of the HISD-III-R equivalent to those of the patient's version of the HISD-III? (exploratory)	2019-10	Non Portfolio	01/05/2020
Peer Support in Mental Health Services (Academic Project, PhD – Tishna Uttamlal)	Aims: 1) To understand the identity of a PSW and how this is constructed. 2) To examine how and why PSWs may construct or be implicated in a liminal space based on their identity construction. 3) Use this to understand organisationally, how PSWs fit into the current workforce and make recommendations for future steps in developing and sustaining the PSW role. 4) To see what factors contribute to the notion of liminality in peer support workers Which of these are seen as positive and which of these are seen as negative and how this influences a PSWs identity	2019-41	Non Portfolio	01/09/2021
ESCAPE – Views about smoking cessation and mental health (LC – Emma Donaldson)	This study is inviting health care professionals working with patients with mental health difficulties in any context to take part in an online survey to help us understand current attitudes, practices, training needs, and perceived barriers and facilitators to address and implement smoking cessation treatments.	2020-15	Portfolio	31/08/2020
The PROMISE Study (LC – Emma Donaldson)	This study will take two prominent social psychological theories on habit formation and sustained human behaviour change (the theory of planned behaviour and the transtheoretical model), to investigate engagement with the digital mindfulness intervention, Headspace (www.headspace.com). The study sample will consist of NHS employees, a population whom are exposed to high levels of workplace stress. Recent research has shown Headspace to be beneficial in lowering NHS staff stress levels, when compared to another digital health intervention. Staff will be offered one year's free subscription to Headspace and asked to complete two online surveys. The surveys will include questions on different components that make up the theory of planned behaviour and the transtheoretical model.	2020-33	Portfolio	31/10/2020
Traumatic childbirth, wellbeing and social identity on new mothers (Clinical Psychology Doctorate – Shama El-Salahi)	This study looks to recruit new mothers who have had a traumatic childbirth and new mothers who have not had a traumatic childbirth to compare their levels of wellbeing and their strength of identity as a new mother. Each participant will be asked to fill in a few online questionnaires at one time point so that we can learn more about the relationship between traumatic childbirth, social identity and psychological wellbeing.	2020-36	Non Portfolio	16/04/2021

Children and Young People (CYP) – 2020/21 projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
STANDARDISED Diagnostic Assessment for children and adolescents with emotional difficulties (STADIA): (PI- Tamsin Marshall)	Population: Children and young people (age 5-17 years) presenting with emotional difficulties referred to Child and Adolescent Mental Health Services (CAMHS). The aim of the study is to evaluate the clinical and cost effectiveness of a standardised diagnostic assessment (SDA) tool as an adjunct to usual clinical care in children and adolescents presenting with emotional difficulties referred to Child and Adolescent Mental Health Services (CAMHS).	2018-20b	Portfolio	30/04/2022
ASCEND - Evaluating an early social communication interaction for young children with Down Syndrome (PI - Vesna Stojanovik)	SPONSORED STUDY. A new parent-led intervention programme for children with Down Syndrome. The goal is to improve language and communication skills in children with Down syndrome. Preliminary work by our research team has shown that children who had an intervention on improving shared attention understood and produced twice as many words compared to children who did not have the intervention. We want to find out whether delivering the intervention programme and assessing the effect it has are feasible for a larger trial	2019-11	Portfolio	01/08/2021
Treatment of Panic Disorder in Adolescents (PANDA Study) (PI – Polly Waite)	A research project to compare two talking therapies, that involve working with a therapist one-to-one, for the treatment of panic disorder in young people aged 11-17½ years	2019-34	Portfolio	30/09/2021
Parents’ experiences of parenting a child with Obsessive Compulsive Symptoms/Disorder (Academic Project, PhD - Chloe Chessell)	This study aims to explore parents’ experiences of parenting a child (aged 7 to 12 years) with OCD, their views and preferences towards different levels of parent involvement in CBT for OCD. Student project	2019-07	Non Portfolio	29/08/2020

Physical Health Service – 2020/21 projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Sexual Health Services				
PrEP Impact Trial Study (PI - Dr Nisha Pal)	The PrEP Impact Trial aims to address outstanding questions about PrEP, eligibility, uptake and duration of use of PrEP through expanding the assessment to the scale required to obtain sufficient data. In addition the trial will assess under real world conditions the impact of PrEP on new HIV diagnoses and on sexually transmitted infections, compared to historical controls.	2017-30	Portfolio	01/09/2020

Re-Evaluation of Annual Cytology using HPV testing to Upgrade Prevention (REACH UP): a feasibility study in Women Living With HIV (PI - Nisha Pal)	To estimate HPV prevalence in women living with HIV to calculate sample size of the main study	2019-16	Portfolio	31/01/2021
All Long-Term Conditions (LTC)				
Psychological risk factors for fatigue in Rheumatoid Arthritis (PI – Cathy Beresford)	The study investigates a number of factors which may influence levels of fatigue, distress and disability in patients with long-term conditions. It specifically focusses on behavioural and psychological factors including quality of sleep, anxiety and depression, beliefs about fatigue and coping strategies.	2018-37	Portfolio	01/04/2021
Diabetes service				
Startright (Getting the right classification and treatment from diagnosis in adults with diabetes) (PI- Dr Mohammadi Alizera)	Our Diabetes at King Edwards VII are teaming up with University of Exeter Medical school to support recruitment into this study aiming to achieve more accurate early classification of diabetes and identification of which patients will rapidly require insulin treatment. The clinicians will record clinical features and biomarkers that may help to determine diabetes type at diagnosis and follow participants for 3 years to assess the development of severe insulin deficiency (measured using C-peptide) and insulin requirement. Findings will be integrated into a freely available clinical prediction model.	2018-02	Portfolio	30/06/2023 (In follow up)
Embedding Diabetes Education RCT (PI- Alison Marie Jones)	As part of the Embedding Diabetes Education study (an NIHR funded PGfAR) Leicester diabetes centre are going to be working with the Diabetes Education provider team at Berkshire Healthcare NHS Foundation Trust to assess whether the embedding Package reduces HbA1C in patients with type 2 Diabetes Mellitus compared to usual care	2019-04	Portfolio	31/01/2021
Exploring patient and healthcare-professional perspectives on barriers and facilitators towards foot self-care practices in diabetes (Academic Project, PhD – Andrew Hill)	This study primarily seeks to explore patient and healthcare-professional perspectives on perceived barriers and facilitators to foot self-care practices in diabetes. In addition, this study will explore whether similarities and/or differences between patient and healthcare-professional perspectives in this context contribute to these barriers and/or facilitators	2020-08	Non Portfolio	31/12/2021

ADDRESS II (PI – Cathy Beresford)	The project aims to establish a support system to facilitate future research into type 1 diabetes. The system will consist of a database of individuals with new-onset type 1 diabetes and their siblings who will have consented to be contacted by the study team about future diabetes research. Some participants will have agreed to provide in addition a blood sample for DNA and specific antibody tests.	2020-37	Portfolio	31/12/2022
Cardiac and Respiratory Specialist Services (CARSS)				
TANDEM (Tailored intervention for ANxiety and DEpression Management in COPD) (PI- Cath Darby)	Our Cardiac and Respiratory Specialist Service is collaborating with Queen Mary University of London Research study for patients with Chronic Obstructive Pulmonary Disease (COPD); also known as chronic bronchitis or emphysema. To investigate the benefits of offering people with moderate to very severe Chronic Obstructive Pulmonary Disease (COPD) and mild or moderate anxiety or depression, the opportunity to receive structured, one to one support and advice delivered by a trained respiratory health care professional (nurse, physio or occupational therapist). The sessions are based on a Cognitive Behavioural approach. COPD can affect many aspects of such patients; breathing difficulties can limit their day-to-day activities and can make them feel worried (anxious) or feel low (depressed).	2018-29	Portfolio	30/06/2021
Digestion				
Assessing the ecological role of yeast in the gut (Academic Project, PhD - Grace Ward)	The University of Reading are conducting research on people who suffer from gut disorders, with a focus on yeasts in the gut. It has been proposed that yeasts found in the human gut cause the symptoms experienced with gut disorders, such as Irritable Bowel Syndrome and Inflammatory Bowel Disease (Crohn's disease and ulcerative colitis). Understanding the cause of such disorders could lead to the development of treatments to relieve the pain of sufferers.	2019-24	Non Portfolio	30/09/2021
Cellulitis				
NEXCEL (LC – Sarra Blackman)	Nurses' experiences of preventing lower limb cellulitis: a qualitative interview study. The aim of this study is to explore nurses' views and experiences of managing patients who are at risk of recurrent lower limb cellulitis.	2021-06	Portfolio	31/03/2021
Vaccinations				
Fluenz Tetra Enhanced Safety Surveillance Programme 2020-2021 (LC – Charlotte Church)	Children (or their parents/guardians) are eligible to participate in this surveillance if they have received the nasal seasonal flu vaccine, Fluenz Tetra, as part of their routine care in accordance with guidance from the Department of Health.	2020-31	Portfolio	02/03/2021

Non-health related studies – 2020/21 projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Data				
Infrastructuring Data Integration between Multiple Socio-Technical Contexts of Care (Academic Project, PhD - Andrey Elizondo)	How is the integration of data across care settings negotiated between different actors? What –intended and unintended- early consequences arise as a result of data integration? Student project	2019-29	Non Portfolio	30/04/2020
CLIMB: University of Cambridge NHS/HSC Health Data Consent Survey (LC – Sarra Blackman)	To establish patient and public views on the sharing of identified NHS/HSC health data (for clinical purposes) and de-identified health data (for research) within the UK.	2020-10	Portfolio	30/09/2020
Staff				
Culture and difference within the supervisory relationship. (Clinical Psychology Doctorate – Charlotte McCann)	How are issues of culture and difference in clinical psychology training and practice perceived and explored within the supervisory relationship?	2019-39	Portfolio	01/10/2020
EMHEP 3: Efficiency, cost and quality of mental healthcare provision (LC – Emma Donaldson)	This research will analyse the efficiency, cost and quality of mental healthcare provision in the English NHS.	2020-05	Portfolio	30/04/2021
The lived experiences of career progression of NHS BME Very/Senior Managers/ Executives in South West of England and Greater London (Academic Project, PhD – Stephen Zingwe)	The researcher wishes to examine the experiences of career progression of NHS BME staff working in senior/very senior management positions that are in the South West of England Region and Greater London.	2020-12	Non Portfolio	31/01/2021

Appendix 2- Berkshire Healthcare Vaccine contribution – national media coverage

National Institute for Health Research March 2021



In this article, staff at Berkshire Healthcare NHS Foundation Trust reflect on the role they played in support studies into COVID-19 vaccines.

Our research team are playing a critical role in supporting the National Institute for Health Research in delivering research into COVID-19 urgent public health issues. A big part of this research agenda is supporting vaccine studies to help secure a range of vaccines to help tackle coronavirus. In order to make this possible, the NIHR have funded national training packages to train as many research staff as possible.

Over the last six months, a team of Berkshire Healthcare staff have been travelling to and from Oxford to support two trials, developed by Novavax and The Janssen Pharmaceutical Companies of Johnson & Johnson. These are trials of more than 800 participants, with staff working robustly and vigorously to get the results through.

Novavax

In February, the Novavax vaccine became the first COVID-19 vaccine to show robust clinical efficacy against the new predominant UK variant and also to the South African variant of COVID-19.

Between October and November, trust Lead Research Nurse Sarra Blackman (right) contributed 103 hours to the Novavax study, working with NHS professionals from across the Thames Valley and South Midlands Clinical Research Network. This involved working mainly evening and weekend shifts, which required travel from Berkshire to Oxford, sometimes at short notice.

Sarra said: “Working on the vaccine trials has been an amazing opportunity. To contribute to research that is so important globally because of the pandemic has given me a strong sense of pride and hope.”

One of the most surprising rewards from taking part in the trials has been the chance to work with colleagues who she would not normally meet. “These are all people that I now consider friends.

“We have leaned on each other when times have been tough and when we have been overwhelmed with the sheer volume of work. We have learned skills from each other and laughed together.

“Most importantly, we have succeeded together, to develop treatments for this illness that has shaken our world.”

Janssen

A group of 10 Berkshire Healthcare staff have been working on the Janssen trial at two GP practices in West Oxfordshire since November. Roles have included shift co-ordinators, lab technicians, to analyse blood work, and vaccinating nurses. These nurses are separated into either unblinded or blinded control groups, with “blinded” nurses not knowing if they’re giving a vaccine or placebo.

Some of the staff working on study have not been involved in these types of trials before. Research Nurse, Susan Dhliwayo (left), has given more hours to the study than anyone else. She said: “I have been enjoying working on the vaccine trials and feel honoured to have been part of the process in the innovation for such an essential cause.”

Katie Warner, Head of Research and Development at Berkshire Healthcare said: “I’m so proud of the huge collaborative effort across the region, which we hope will mark the start of a new era of closer partnership working. Thanks to the commitment, energy and determination of our research team to the vaccine trials and other projects, we’re now third in the country compared with similar Trusts for number of research opportunities we offer.”

To find out how you can get involved in existing and future research studies, either as staff or a participant, contact the trust’s [Research and Development Team](#)

Team name: Research and Development Department

TEAMS Plan on a page 2021/22 (Team Objectives)

Our vision: To be recognised as the leading community and mental health service provider by our staff, patients and partners.



True North goal 1: Harm-free care

✓ To provide safe services, prevent self harm and harm to others

We will do this by:

1. Proactively identifying and offering research projects to services relating to COVID-19, self-harm, suicide, pressure ulcers, physical health in SMI including sleep, diet, exercise, smoking and cardiovascular disease.
2. Disseminating the findings of research projects and evidence reviews relating to the above topic areas via the research club.



True North goal 2: Supporting our staff

✓ To strengthen our highly skilled and engaged workforce and provide a safe working environment

We will do this by:

1. Supporting staff with the continuing transition to remote working including physical and mental wellbeing.
2. Providing opportunities for staff to make improvements through QI and bright ideas via team engagement days to ensure all staff have a voice.
3. Improving the research training and development offer for Trust staff.



True North goal 3: Good patient experience

✓ To provide good outcomes from treatment and care

We will do this by:

1. Offering a wider range of studies in a wider range of health/disease areas increasing our visibility and access to patients & carers.
2. Circulating customer service surveys and make improvements based on feedback.
3. Developing, consulting and implementing an R&D strategy that helps us to deliver an efficient, high quality and sustainable R&D function



True North goal 4: Money matters

✓ To deliver services that are efficient and financially sustainable

We will do this by:

1. Reviewing all processes involving paper and changing them to digital wherever possible.
2. Streamlining our processes wherever possible using QI principles.
3. Proactively identifying and offering research projects to services which trial digital interventions.

IMPORTANT: depending on the focus of your team, you may have just one team objective under one True North goal and four or five under another section e.g. most Human Resources Team objectives will relate to True North 2

Appendix 4- Academic institutions and NHS Trusts we worked with to deliver research in 2020/21

Academic Institution (N.B. Name of institution at the time of collaboration)

Cardiff University	University of Liverpool
Imperial College London	University of Manchester
King's College London	University of Northampton
Newcastle University	University of Nottingham
Queen Mary, University of London	University of Oxford
St George's, University of London	University of Reading
Trinity College Dublin	University of Sheffield
University College London	University of Southampton
University of Bath	University of Surrey
University of Bristol	University of Sussex
University Cambridge	University of Warwick
University of Edinburgh	University of West London
University of Exeter	University of Wolverhampton
University of Kent	University of York
University of Leicester	

NHS Trusts (N.B. Name of Trust at time of collaboration)

Cambridgeshire & Peterborough NHS Foundation Trust	Southern Health NHS Foundation Trust
North East London NHS Foundation Trust	Sussex Community NHS Foundation Trust
The Newcastle Upon Tyne Hospitals NHS Foundation Trust	Sussex Partnership NHS Foundation Trust
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust	Chelsea and Westminster Hospital NHS Foundation Trust
Nottinghamshire Healthcare NHS Foundation Trust	Royal Devon and Exeter NHS Foundation Trust
Oxford Health NHS Foundation Trust	

Appendix 5- List of Staff Publications

ASHFIELD, E., CHAN, C. & LEE, D. 2020. Building 'a compassionate armour': The journey to develop strength and self-compassion in a group treatment for complex post-traumatic stress disorder. *Psychology and psychotherapy*.

AYTON, A., VILJOEN, D., RYAN, S., IBRAHIM, A., & FORD, D. 2020. Risk, demand and capacity in adult specialist eating disorder services in the South of England – before and since Covid-19. *PsyArXiv*.

BEHRMAN, S., BARUCH, N. & STEGEN, G. 2020. Peer support for junior doctors: a positive outcome of the COVID-19 pandemic? *Future Healthcare Journal*, fhj.2020-0069.

BILLINGS, J., GREENE, T., KEMBER, T., GREY, N., EL-LEITHY, S., LEE, D., KENNERLEY, H., ALBERT, I., ROBERTSON, M., BREWIN, C. R. & BLOOMFIELD, M. A. P. 2020. Supporting Hospital Staff During COVID-19: Early Interventions. *Occupational medicine (Oxford, England)*.

BIRD, W., ADAMO, G., PITINI, E., GRAY, M. & JANI, A. 2020. Reducing chronic stress to promote health in adults: the role of social prescriptions and social movements. *Journal of the Royal Society of Medicine*, 113, 105-109.

BIRDSEY, N. & KUSTNER, C. 2020. Reviewing the Social GRACES: What Do They Add and Limit in Systemic Thinking and Practice? *The American Journal of Family Therapy*, 1-14.

BLACK, A., CAREY, C., MATTHEWS, V. & SOLOMONS, L. 2019. Designing information for families caring for people with dementia. *Design for Health*, 3, 199-219.

BOWDEN, GILLIAN., HOLTUM, SUE., SHANKA, RASHMI., COOK, ANNE., & KINDER, PETER. 2020. Understanding Depression. Why adults experience depression and what can help. Leicester: The British Psychological Society.

- BUTLER, M. B., MOWFORTH, O. D., BADRAN, A., STARKEY, M., BOERGER, T., SADLER, I., TABRAH, J., TREANOR, C., PHYS, L. C. G. D., KALSI-RYAN, S., LAING, R. J., DAVIES, B. M. & KOTTER, M. R. N. 2020. Provision and Perception of Physiotherapy in the Nonoperative Management of Degenerative Cervical Myelopathy (DCM): A Cross-Sectional Questionnaire of People Living With DCM. *Global spine journal*, 2192568220961357.
- CODD, J. & HEWITT, O. 2021. Having a son or daughter with an intellectual disability transition to adulthood: A parental perspective. *British Journal of Learning Disabilities*, 49, 39-51.
- CORNISH, E., CLARKE, E., GAHIR, J., REES, J. & PATEL, R. 2020. Risk to patients, risk to clinicians: a three-site audit of the documentation of counselling in first episode genital herpes. *International Journal of STD & AIDS*, 31, 1212-1214.
- COTGROVE, A. AND NORTHOVER, G. (2021) 'Debate: The future of inpatient units - do we need them?', *Child and adolescent mental health*, 26(2), pp. 178-179.
- CRESSWELL, C., ELEANOR, L., MICHAEL, L., ET AL. (2021) 'Cognitive therapy compared with CBT for social anxiety disorder in adolescents: a feasibility study', *Health Technology Assessment*, 25(20).
- CROWTHER, G., CHINNASAMY, M., BRADBURY, S., ET AL (2021) 'Trends in referrals to liaison psychiatry teams from UK emergency departments for patients over 65', *International journal of geriatric psychiatry*.
- DONOVAN, H., ELLIS, E., COLE, L., TOWNSEND, E. & CASES, A. 2020. Reducing time to complete neuropsychological assessments within a memory assessment service and evaluating the wider impact. *BMJ open quality*, 9.
- EMMA, Ć., ESTHER, B., ANDREW, M., ANKE, E. AND DANIEL, F. (2021) 'A new perspective and assessment measure for common dissociative experiences: 'Felt Sense of Anomaly'', *PLoS ONE*, 16(2), pp. e0247037-e0247037.
- ENRIQUE, A., EILERT, N., WOGAN, R., EARLEY, C., DUFFY, D., PALACIOS, J., TIMULAK, L. AND RICHARDS, D. (2021) 'Are Changes in Beliefs About Rumination and in Emotion Regulation Skills Mediators of the Effects of Internet-Delivered Cognitive-Behavioral Therapy for Depression and Anxiety? Results from a Randomized Controlled Trial', *Cognitive Therapy and Research*, pp. 1.
- FEDERSPIEL, J., BUKHARI, M. J. & HAMILL, M. M. 2021. Interactions between highly active antiretroviral therapy and over-the-counter agents: a cautionary note. *BMJ case reports*, 14.
- FRY, G., GILGALLON, K., KHAN, W., REYNOLDS, D., SPENCER, G., WRIGHT, A. & PARVEEN, S. 2020. Recruitment of south Asian carers into a survey-based research study (Innovative Practice). *Dementia (London, England)*, 1471301220909246.
- FULHAM, C., SANGHAVI, R. & CHOPRA, J. 2021. Unusual case of a hydrocele. *Archives of disease in childhood*, 106, 289-290.
- HALLDORSSON, B., HILL, C., WAITE, P., PARTRIDGE, K., FREEMAN, D. AND CRESSWELL, C. (2021) 'Annual Research Review: Immersive virtual reality and digital applied gaming interventions for the treatment of mental health problems in children and young people: the need for rigorous treatment development and clinical evaluation', *Journal of child psychology and psychiatry, and allied disciplines*, 62(5), pp. 584-605.
- HUSSAIN, A., SHAH, S., DAVE, S., RAMKISSON, R., QUADRI, M.F.A. 2020. Remote consultations- the new norm. *Sushruta Journal of Health Policy & Opinion* 13.
- KAUSHAL, P., HEWITT, O., RAFI, A., PIRATLA, M., MADDOCK, S. R., MOYE, B., CHAPLIN, R. & FOUNTOULAKI, G. 2020. Training and service provision for people with intellectual disability and mental illness: the views of psychiatrists. *International Journal of Developmental Disabilities*, 66, 67-74.
- LEVENE, I. 2020. Do single parent adoptions have equal long-term outcomes for the child as couple adoptions? *Archives of disease in childhood*.
- LI, J., FAIRHURST, C., PECKHAM, E., BAILEY, D., ARUNDEL, C., HEWITT, C., HERON, P., CROSLAND, S., PARROTT, S., GILBODY, S. & COLLABORATIVE, S. 2020. Cost-effectiveness of a specialist smoking cessation

package compared with standard smoking cessation services for people with severe mental illness in England: a trial-based economic evaluation from the SCIMITAR+ study. *Addiction*, n/a.

MCKINLESS, E. 2020. Impact of stress on nurses working in the district nursing service. *British journal of community nursing*, 25, 555-561.

MULLINS, N., FORSTNER, A. J., O'CONNELL, K. S., ET AL (2021) 'Genome-wide association study of more than 40,000 bipolar disorder cases provides new insights into the underlying biology', *Nature genetics*.

OUGRIN, D. A. W. et al. 2020. Pandemic-Related Emergency Psychiatric Presentations for Self-Harm of Children and Adolescents in 10 Countries (PREP-Kids): A Retrospective International Cohort Study. *The Lancet*.

PEARCEY, S., GORDON, K., CHAKRABARTI, B., DODD, H., HALLDORSSON, B. & CRESWELL, C. 2020. Research Review: The relationship between social anxiety and social cognition in children and adolescents: a systematic review and meta-analysis. *Journal of child psychology and psychiatry, and allied disciplines*.

PEERBHOY, D., MINOU, M. AND STRATTON, G. (2021) 'Women, wellbeing and the city: A model of participatory health research exploring physical activity in Black, Asian and minority ethnic communities', *Health Education Journal*, 80(3), pp. 287-299.

PIPKIN, A., ARMITAGE, D. S., KNIGHT, M. & HOGG, L. 2021. "A blank canvas of me": an interpretive phenomenological analysis study of the experience of client self-disclosure in cognitive behavioural therapy for psychosis. *Psychosis*, 1-11.

PIPKIN, A., HOGG, L. & ARMITAGE, S. 2021. 'Someone on my level': A Meta-Ethnographic Review of Therapeutic Relationships in Cognitive Behavioural Therapy for Psychosis. *Clinical Psychology & Psychotherapy*, n/a.

PLAISTED, H., WAITE, P., GORDON, K. & CRESWELL, C. 2021. Optimising Exposure for Children and Adolescents with Anxiety, OCD and PTSD: A Systematic Review. *Clinical child and family psychology review*.

POWELL, T. 2021. *Recognising Autism and Asperger's Syndrome: A Practical Guide to Adult Diagnosis and Beyond*, Routledge. 2nd ed.

RADEZ, J., REARDON, T., CRESWELL, C., LAWRENCE, P. J., EVDOKA-BURTON, G. AND WAITE, P. (2021) 'Why do children and adolescents (not) seek and access professional help for their mental health problems? A systematic review of quantitative and qualitative studies', *European Child & Adolescent Psychiatry*, 30(2), pp. 183.

RADEZ, J., WAITE, P.D., CHORPITA, B.F., CRESWELL, C., ORCHARD, F., PERCY, R., SPENCE, S.H., REARDON, T.D. 2020. Using a brief 11-item version of the RCADS to identify anxiety and depressive disorders in adolescents *PsyArXiv Preprints*.

REYNOLDS, S. P., LAURA 2021. *Brief Behavioural Activation for Adolescent Depression. A Clinician's Manual and Session-by-Session Guide*, London, Jessica Kingsley.

RICHARDS, D., ENRIQUE, A., EILERT, N., FRANKLIN, M., PALACIOS, J., DUFFY, D., EARLEY, C., CHAPMAN, J., JELL, G., SOLLESSE, S. & TIMULAK, L. 2020. A pragmatic randomized waitlist-controlled effectiveness and cost-effectiveness trial of digital interventions for depression and anxiety. *NPJ digital medicine*, 3, 85.

RICHARDS, D., ENRIQUE, A., EILERT, N., FRANKLIN, M., PALACIOS, J., DUFFY, D., EARLEY, C., CHAPMAN, J., JELL, G., SOLLESSE, S. & TIMULAK, L. 2020. Erratum: Author Correction: A pragmatic randomized waitlist-controlled effectiveness and cost-effectiveness trial of digital interventions for depression and anxiety. *NPJ digital medicine*, 3, 91.

ROBINSON ZM, M. D., ABDULLA S 2020. Supporting people with learning disabilities who identify as LGBT to express their sexual and gender identities. *Learning Disability Practice*.

SAID, G. & KING, D. 2020. Implementing Narrative Exposure Therapy for unaccompanied asylum-seeking minors with post-traumatic stress disorder: A pilot feasibility report, *Clinical child psychology and psychiatry*, 25, 213-226.

SARAH, P., ANNA, K. AND PAUL, E. J. (2021) 'Continuation of an eating disorders day programme during the COVID-19 pandemic', *Journal of Eating Disorders*, 9(1), pp. 1-7.

SCUPHAM, S. & GOSS, S. P. 2020. Working with suicidal clients: Psychotherapists and allied professionals speak about their experiences. *Counselling and Psychotherapy Research*, n/a.

SLAUGHTER, C. & ALLEN, C. 2020. Cognitive behavioural therapy for co-morbid anxiety and depression in heart failure: A case report. *the Cognitive Behaviour Therapist*, 13.

STAUDACHER, H. M., RALPH, F. S. E., IRVING, P. M., WHELAN, K. & LOMER, M. C. E. 2020. Nutrient Intake, Diet Quality, and Diet Diversity in Irritable Bowel Syndrome and the Impact of the Low FODMAP Diet. *Journal of the Academy of Nutrition and Dietetics*, 120, 535-547.

STEEL, C., SCHNACKENBERG, J., TRAVERS, Z., LONGDEN, E., GREENFIELD, E., MEREDITH, L., PERRY, H. & CORSTENS, D. 2020. Voice hearers' experiences of the Making Sense of Voices approach in an NHS setting. *Psychosis*, 12, 106-114.

TAPURIA, A., EVANS, M., CURCIN, V., AUSTIN, T., LEA, N. & KALRA, D. 2020. Development and Usability Evaluation of GreyMatters: A Memory Clinic Information System. *ACI Open*, 04, e149-e156.

TOFFOLUTTI, V., STUCKLER, D., MCKEE, M., WOLSEY, I., CHAPMAN, J., J PIMM, T., RYDER, J., SALT, H. AND M CLARK, D. (2021) 'The employment and mental health impact of integrated improving access to psychological therapies services: Evidence on secondary health care utilization from a pragmatic trial in three English counties', *Journal of health services research & policy*, pp. 1355819621997493.

TURNER, S. & STENNER, K. 2021. What are the experiences of black African and African Caribbean men during the transition to fatherhood? *Journal of Health Visiting*, 9, 76-82.

VOGT, C. 2021. Clinical Conundrums When Integrating the QbTest into a Standard ADHD Assessment of Children and Young People. *Neuropediatrics*.

WALDON, M. 2020. 'I must remember to breathe'. *British journal of community nursing*, 25, 525.

WALDON, M. 2021. A rapid response and treatment service for care homes: a case study. *British journal of community nursing*, 26, 6-12.

WALSHE, L. & ALLEN, C. 2020. The use of transdiagnostic cognitive behavioural therapy for a patient with multi-morbidity: a case study. *The Cognitive Behaviour Therapist*, 13, e9.

WRIGHT, M. & OLDREIVE, W. 2020. Investigating accessible information formats with people who have learning disabilities. *Learning Disability Practice*.