# Summary of Open Studies and Studies in Set Up by Service Area in Berkshire Healthcare for FY2022/23

| COVID-19 – 2020/21 projects | | | | |
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| **Study title and lead** | **Summary** | **Reference** | **Portfolio status** | **Study end date** |
| **Child Anxiety Treatment in the Context of COVID-19 (CO-CAT)** <br><br> **(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 | 31/03/2023 |

| Dementia – 2020/21 projects | | | | |
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| **Study title and lead** | **Summary** | **Reference** | **Portfolio Status** | **Study end date** |
| **BDR3** <br> **(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 <br> (In follow up) |
| **NIDUS-Family** <br> **(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 | 31/05/2022 |
| **Re-AIM PRIDE App** <br> **(PI – Brian Parsons)** | PRIDE-app is an online handbook which covers information on physical, mental, and social health. Topics include keeping healthy, decision-making, and communication. It encourages the user to set activity plans and make positive changes, both of which can help the user to live well with dementia. <br> In this study, we want to explore how the PRIDE-app may support the independence of people living with mild dementia and encourage them to make positive lifestyle changes which improve their quality of life. | 2021-24 | Portfolio | 30/09/2022 <br> (In follow up) |

| Mental Health – 2020/21 projects | | | | |
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| **Study title and lead** | **Summary** | **Reference** | **Portfolio Status** | **Study end date** |
| Autism | | | | |
| **Elucidating the relationship and co-development of sensory reactivity and mental health symptoms in autism**<br><br>**(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 |
| **Speech and Language access for preschool children with Autism**<br><br>**(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 |
| Depression | | | | |
| **Genetic Links to Anxiety and Depression (GLAD)**<br><br>**(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.<br><br>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 | 30/11/2022 |
| **An Observational, Prospective UK Study Examining Clinical Outcomes of patients, Carer Burden and Direct Health Care Costs for Patients with Symptoms of Moderate to Severe Major Depressive Disorder (MDD) that have Active Suicidal Ideation with Intent**<br><br>**(PI – Sanjoo Chengappa)** | COMMERCIAL. Patients observed in this study will be those with a working diagnosis of MDD (or moderate-to-severe depression) and deemed to have active suicidal ideation with intent at the point of enrolment based on the clinical judgment of the healthcare team. Where identified, informal carers of these patients will also be invited to participate in the study to assess carer burden. Patients will be followed for a period of approximately 13 weeks/90 days in total and included carers will also be asked to provide data over the same time period. The end of the study will be the last data collection time point within the study for the last participating patient/ carer. The overall duration of the study, including recruitment and follow up, is expected to be 7 months. | 2021-37 | Portfolio | In set up |

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| | Eating Disorders | | | |
| **PANOREXIA**<br><br>**(PI – Dr Elma Ramly)** | (PIC) For this study, we will recruit patients who have been suffering from a DSM-V diagnosis of anorexia nervosa for 3 years or more, and who have found other forms of treatment ineffective. Over a period of 6 weeks, participants who are deemed eligible at screening will partake in 8 study visits, including three psilocybin dosing sessions with varying doses. The maximum dose of psilocybin a participant will receive in a single session is 25 mg. Across these 8 visits, there will also be 2 MRI scans, 5 EEG recordings and a range of psychological measures (questionnaires and interviews). There will be a follow-up period of 12 months following the final study visit | 2022-09 | Portfolio | 30/09/2022 |
| | Learning Disabilities | | | |
| **Online Support Group Use and Wellbeing of Carers of People with ID**<br><br>**(PI – Dr Jon Codd)** | 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. | 2020-20 | Non Portfolio | 03/02/2023 |
| **Safer Online Lives**<br><br>**(PI – Aparna Wighe)** | This research is investigating internet use and safety for adults with intellectual disabilities. | 2021-12 | Portfolio | 01/03/2023 |
| **The Experiences of COVID-19 for People with ID and their Supporters**<br><br>**(PI – Jon Codd)** | The research question is: What are the experiences of people with ID and their relatives, carers, GP's and other health and social care professionals working with them during the COVID-19 pandemic? For relatives, carers, GP's and other health and social care professionals, the follow up aim is to explore how their experiences has impacted their role in caring/supporting the person/people with ID. The aim is to conduct short video interviews (up to 5-15 minute) and focus groups (20-60 mins) with participants (3-4 participants in each group), transcribe interviews verbatim and analyse using thematic analysis. | 2022-02 | Non Portfolio | 02/10/2023 |
| | Paranoia | | | |
| **Self-Concept in Young People with Paranoia**<br><br>**(Clin Psy D – Miriam Kirkham)** | In this study we aim to create and validate a questionnaire for young people aged 14 to 25 experiencing paranoia, to measure how they evaluate themselves. This will help to develop tailored treatments for young people experiencing paranoia. In future, helping people to challenge specific negative thoughts about themselves, and develop positive thoughts about themselves, may be a way to reduce paranoia and improve trust, relationships and wellbeing. To develop the measure we will recruit and interview adolescents accessing mental health services who experience paranoia, and test the new measures properties with a general population sample of adolescents. | 2021-30 | Non Portfolio | 01/09/2022 |
| **SPPaRRO Survey**<br><br>**(Survey – David Sher)** | The aim of this research is to identify potential research questions for understanding and treating severe paranoia in the context of psychosis | 2022-08 | Non Portfolio | 30/04/2022 |

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| **Psychosis** | | | | |
| **Molecular Genetics of Adverse Drug Reactions (MolGen)** <br><br> **(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 <br><br> (Paused) |
| **PPiP2** <br><br> **(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 SleepWell Trial** <br><br> **(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 <br><br> (In follow up) |
| **What are the experiences of people from black and minority ethnic groups with a diagnosis of psychosis leading up to their recovery?** <br><br> **(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 | 31/12/2022 |
| **Understanding Experiences of Feeling Exceptional** <br><br> **(PI – Nicola Collett)** | Over 500 patients with diagnoses of psychosis will answer questionnaires (20-40 minutes) measuring grandiose beliefs and six psychological mechanisms that we think drive grandiose beliefs. | 2021-13 | Portfolio | 31/03/2022 |
| **Getting physically active** <br><br> **(PI – Nicola Collett)** | People who experience psychosis spend too much time being physically inactive (sitting down for too long and not exercising enough). In order to design effective interventions we need to have a good understanding of what helps and hinders physical activity. Participants will be people who have lived experience of psychosis, people caring for someone who has psychosis and people who treat them in a care team and will be invited to take part in a 90 minute focus group. | 2022-01 | Portfolio | 01/06/2022 |
| **PTSD** | | | | |
| **OPTYC Online PTSD Treatment for Young People and Carers** <br><br> **(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 | 26/08/2022 <br><br> (In follow up) |

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| **Internet treatment for PTSD in IAPT (OVERCOME-PTSD)**<br><br>**(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 |
| **The feasibility of a new group intervention to treat postpartum PTSD**<br><br>**(Clinical Psychology Doctorate – Sacha Elledge)** | This group aims to add an additional step into the usual treatment pathway for birth trauma, specifically for mothers experiencing high levels of self criticism, in order to improve symptoms and provide them with knowledge and skills to develop a more compassionate mindset and help them to access trauma focus therapy | 2021-25 | Non Portfolio | 01/05/2022 |
| **Mental defeat in interpersonal and non interpersonal traumas**<br><br>**(Clinical Psychology Doctorate – Rachel Ashwick)** | This study aims to look at how the type and number of traumas someone has experienced may lead to them feeling defeated and struggling more with their PTSD symptoms. | 2021-14 | Non Portfolio | 30/06/2022 |
| | Suicide | | | |
| **National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH)**<br><br>**(PI – Louis Appleby)** | Establishing and regulating working practices for safeguarding the receipt, disclosure and holding of identifiable patient information | 2018-38 | Portfolio | 31/03/2024 |
| | IAPT (Talking Therapies) | | | |
| **PIPS**<br><br>**(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 | 30/04/2022 |
| **Improving Access to Psychological Therapy**<br><br>**(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 |

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| **The role of self-compassion in readiness to engage in treatment and treatment outcomes for OCD**<br><br>**(Clinical Psychology Doctorate – Alice Parfitt)** | This study will aim to explore whether those with lower self-compassion are less ready to engage in treatment and receive poorer treatment outcomes. This will be explored among adults seeking treatment for mild/moderate OCD in IAPT services. If so, this may provide a target for future treatments to improve the treatment individuals receive, for example by adapting CBT or including alternative treatments to improve outcomes. | 2021-21 | Non Portfolio | 22/07/2022 |
| **Mindfulness-Based Cognitive Therapy for IAPT Treatment Non-Responders**<br><br>**(PI – Grace Jell)** | (PIC) Our research will investigate whether Mindfulness-Based Cognitive Therapy (MBCT), a group-based treatment combining intensive training in mindfulness meditation and cognitive therapy, can effectively reduce symptoms and lead to sustained recovery in patients suffering from Major Depressive Disorder who have not sufficiently responded to high-intensity evidence-based therapy and have thus come to the end of the Increasing Access to Psychological Therapies (IAPT) care pathway. It will also test whether the introduction of this treatment can reduce subsequent service use. | 2021-18 | Portfolio | 31/12/2022 |
| **Service User Views on Digital Health Promotion in Youth Mental Health**<br><br>**(LC - Emma Donaldson)** | This survey study is designed to gain some initial insights into the potential of mHealth (digital) approaches towards physical health promotion in youth mental health. In particular, the research will examine if/how young people with mental illness currently use mHealth or 'apps' for physical health, what their preferred uses of such technologies would be, and their perspectives on ideal components / features of mHealth interventions for improving their lifestyle and physical well-being. | 2021-20 | Portfolio | 12/12/2022 |
| **Real world barriers to uptake in digital mental health interventions**<br><br>**(PI – Sarah Sollesse)** | We are looking specifically at two groups of users - those who visit an open signup website and are undecided about signing up for the intervention, and those who sign up for the intervention and don't return after their initial use. We aim to explore the barriers that prevent users from signing up or progressing with the digital mental health interventions (DMHI). We are also planning to gather contextual information on the user, their reason for initial interest in the DMHI and their intervention pathway, to gain a holistic perspective on the factors that affect sign up and uptake of DMHIs | 2022-04 | Portfolio | 30/04/2022 |
| **Deep learning probability model for feedback-informed iCBT**<br><br>**(PI – Sarah Sollesse)** | The current study will utilise a randomized controlled trial design, where the Psychological Wellbeing Practitioners at one IAPT site (Berkshire Talking Therapies) will be randomised in two groups; supporters in group one will have access to the algorithm and probability scores from the Deep Learning Model while supporters in group 2 will practice as usual. The aim is to assess the performance and acceptability of this tool in enhancing delivery of iCBT for depression and anxiety | 2022-05 | Portfolio | 01/06/2022 |
| **Partners3**<br><br>**(PI – Colette Selmer)** | There are two principal research questions: 1. How can team-based supervision, alongside personalisation and coaching approaches be integrated into practice in the context of a community mental health transformation programme? 2. What enables implementation of the PARTNERS2 service and what are the lessons for policy? | 2021-44 | Portfolio | 31/05/2022 |

| Children and Young People (CYP) – 2020/21 projects | | | | |
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| **Study title and lead** | **Summary** | **Reference** | **Portfolio Status** | **Study end date** |
| **STAndardised DIagnostic Assessment for children and adolescents with emotional difficulties (STADIA)**<br><br>**(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).<br>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<br><br>(In follow up) |
| **Views and experiences of Intensive Community Treatment**<br><br>**(Staff project – Hannah Wilkinson)** | This study proposes to fill this gap in the literature as the first qualitative exploration of Intensive Community Treatment for young people's mental health. Our study will consult those accessing this service: adolescents with acute mental health needs and their caregivers. Qualitative research will enable us to draw out their experiences in rich, narrative depth. Thematic analysis will enable us to identify common themes between adolescents and between their caregivers. In this way, our results have the potential to shed light on which elements of Community Treatment are effective and where improvements could be made | 2021-39 | Non Portfolio | 01/11/2022 |
| **EDIFY: Exploring differences in Imagery of the future in young people**<br><br>**(Clin Psy D – Alex Lau Zhu)** | This study aims to compare future imagery in three groups of young people (aged 10-16): 1) young people with a diagnosis of autism spectrum disorder (ASD); 2) young people with a history of childhood maltreatment; 3) young people without a diagnosis of ASD and without a history of maltreatment. Participants will be recruited from the NHS, the third sector and schools in Oxfordshire. Young people will complete measures assessing voluntary and involuntary future imagery, intellectual functioning, mental health and trauma history. For each young person, a caregiver or keyworker will also complete measures on mental health and developmental history. The study will be conducted via online survey. | 2021-40 | Non Portfolio | 22/09/2022 |

| Physical Health Service – 2020/21 projects | | | | |
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| **Study title and lead** | **Summary** | **Reference** | **Portfolio Status** | **Study end date** |
| **Continence** | | | | |
| **The Multicath Trial**<br><br>**(PI – Melanie Wright)** | (PIC) The MultICath trial is about finding out whether people who use intermittent catheterisation (IC) to empty their bladder experience no more urinary tract infections reusing some of their catheters than they would using their standard care single use catheters | 2021-41 | Portfolio | 30/10/2022 |

| COPD | | | | |
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| **Strength assessment and strength training in pulmonary rehabilitation** <br><br> **(Student project, PhD – Kate Pittaccio)** | This study is a questionnaire-based online survey. It is estimated to take about 20-25 minutes to complete, and participants only have to complete it once. Participants will be practitioners/staff (e.g. service/site leads, physiotherapists, nurses, assistants, and volunteers) who have a job role in PR, either running, managing, or assisting in PR exercise programmes. They will be recruited by several means. Primarily, via NHS Trusts and other organisations who provide PR services across England, but also through relevant professional networks | 2021-35 | Non Portfolio | 03/10/2022 |
| Diabetes service | | | | |
| **Startright (Getting the right classification and treatment from diagnosis in adults with diabetes)** <br><br> **(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 <br><br> (In follow up) |
| **ADDRESS II** <br><br> **(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 |

| Non-health related studies – 2020/21 projects | | | | |
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| **Study title and lead** | **Summary** | **Reference** | **Portfolio Status** | **Study end date** |
| Staff | | | | |
| **Exploring the implementation of patient safety investigation techniques in mental health trusts in England.** <br><br> **(Academic Project, PhD – David Wood)** | The aim of this research is to explore the implementation of patient safety investigation techniques in mental health trusts in England. The research aims will be examined by using a mixed methods research design, with the objective of exploring what works well and what could be done differently and better when organisations and staff respond to patient safety incidents. A survey questionnaire will be used as the quantitative research method of choice to evaluate the current state of patient safety investigatory capability. | 2021-22 | Non Portfolio | 29/07/2022 |

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| **Leading an agile workforce in the NHS**<br><br>**(LC- Stephen Zingwe)** | To address the research question, "How can leaders effectively meet the needs of workers engaged in agile working in the NHS?" we have four aims, to: 1. develop understanding of NHS agile workers resource and management needs, 2. identify the behaviours of effective NHS leaders in meeting the needs of their agile workforce, 3. understand how to support NHS leaders so that personal and organisational goals are not compromised, and 4. provide recommendations for developing 'agile' leadership training in the NHS. To meet these aims, a qualitative multi-level interview study design will be used. | 2021-26 | Non Portfolio | 31/07/2022 |
| **The use of locum doctors in the NHS**<br><br>**(LC – Stephen Zingwe)** | The aim of this NIHR funded research is to provide evidence on the extent, quality and safety of medical locum practice and the implications of medical locum working for health service organisation and delivery in primary and secondary care in the English NHS. | 2021-33 | Portfolio | 31/08/2022 |
| **The context of mental health care decision making**<br><br>**(Academic project, PhD, Fritz Handerer)** | This study is researching the context of mental health decision-making. We are investigating how different kinds of information are used to make treatment recommendations for patients. How we collect and use information about patients is of pivotal importance to their care. We want to understand how clinicians use information to make decisions. We are inviting you to take part in this study because you make clinical decisions in your everyday work | 2021-36 | Non Portfolio | 17/07/2022 |
| **Perceptions of the preceptor role within preceptorship programmes**<br><br>**(Clin Psy D – Rachel McMinnis)** | Current literature demonstrates a significant bias towards nursing preceptorship (less known about AHP - allied health professional) and also towards evaluations from the perspective of the preceptee. Given the significant role that a preceptor plays, a greater understanding is required into what they know about the program, the role, and how prepared they are for taking this role on. This information can be used to then support programme developing or creating appropriate structures to ensure they continue to meet the needs of the staff they are seeking to support. | 2022-07 | Non Portfolio | 30/06/2022 |