

Summary of Open Studies Service Area in Berkshire Healthcare for FY2024/25

Older Adult projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
iACT4CARERS (PI - Chris Hopkins)	This study is a large trial testing if internet-delivered self-help Acceptance and Commitment Therapy for family carers of people with dementia (iACT4CARERS) is helpful in improving psychological well-being.	23MHSN3 24157	Portfolio	01/08/2025 (In follow up)
FAST (PI – Pramod Kumar)	This study is designed to determine the feasibility and acceptability of collecting and analysing blood samples as well as cognitive data relevant to dementia risk from three sources of participants	23MHSN3 01319	Portfolio	31/12/2025

Mental Health projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
ADHD				
SNAPPER (PI – Rexhep Hysenagolli)	This study will evaluate the clinical and cost-effectiveness of stimulant (Lisdexamfetamine) compared with non-stimulant (Atomoxetine) medication for adults with Attention-Deficit/Hyperactivity Disorder (ADHD) and a history of either psychosis or bipolar disorder.	24MHSN1003970	Portfolio	30/05/2026
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

Pharmacogenetics (PI – Dr Yousuf Rahimi)	We are researching whether genetic testing is beneficial for people who take antipsychotic medications.	2023-05	Portfolio	30/04/2025
Mechanisms of change in psychological therapies (PI – Dot King)	This study will examine the relationship between cognitive change and symptom change during psychological therapy for people with symptoms of depressive and anxiety disorders. We expect to find that change in a client's attitudes and beliefs will be associated with symptom change during psychological therapy, and that changes in cognition will occur before changes in symptoms	2021-10	Non Portfolio	31/12/2025
Eating Disorders				
Eating Disorders Genetics Initiative (PI- Elma Ramly)	Online questionnaire and saliva sample looking at environmental and biological factors in those with an eating disorder.	2023-08	Portfolio	30/06/2028
Learning Disabilities				
Co-MAID (PI – Olivia Hewitt)	This study is testing a new mental imagery intervention and collecting feedback from participants and their families	23CYPFLDN334578	Portfolio	22/01/2025
PETAL (PI – Olivia Hewitt)	This study will investigate whether a new multi-component personalised psychosocial intervention is clinically and cost-effective to address aggression (e.g., improved health, better quality of life) in adults with intellectual disability.	24CFAAPN316749	Portfolio	30/09/2025
Psychosis				
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	30/11/2027
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 study is to learn about patients experiences with a diagnosis of psychosis from different ethnic backgrounds who has attained recovery.	2019-18	Non Portfolio	31/03/2025
The Phoenix VR Trial (PI – Nicola Collett)	The purpose of the study is to find out whether people are satisfied with the new VR therapy, if it is easy to use, and whether it may help increase self-confidence. Phase 1 will assess users satisfaction with the VR therapy and Phase 2 is a randomised control trial where users will either use the VR therapy or treatment as usual.	2022-31	Non Portfolio	31/05/2025

PATTERN (PI – Sanjoo Chengappa)	In this study we aim to use two non-invasive devices to measure various physical characteristics (e.g. body composition – fat and muscle mass, heart rate, oxygen levels) in people with and without mental illness. We will evaluate any similarities or differences in the measured physical characteristics across different mental health and physical health diagnoses.	23MHSN281457	Portfolio	31/10/2023 (in follow up)
Feeling Safer (PI – Sophie Williams)	Persecutory delusions (inaccurate beliefs that others intend to harm you) are very common in mental health conditions such as schizophrenia. Existing treatments often don't work well enough. This is why we developed the Feeling Safe programme. We recently tested Feeling Safe in a clinical trial with 130 patients with persistent persecutory delusions. The treatment was delivered by clinical psychologists over 20 sessions. Half of people achieved large benefits. Another quarter made moderate gains. The challenge now is to make Feeling Safe widely available. So, we have created a six-month guided online version. A range of mental health workers can support the delivery of the treatment. The new programme is called Feeling Safer.	23MHSN330744	Portfolio	30/01/2026
DIPS (PI – Sanjoo Chengappa)	Self-dehumanisation is when a person feels like they are less than human. University of Bath have created a questionnaire to measure this feeling and would now like to test its accuracy	23MHSN333807	Portfolio	03/02/2025
Hallucinations in Psychosis (PI – Sarah Armitage)	The aim of this study is to evaluate the hypothesis that people with psychosis who hallucinate pay more attention to their thoughts.	24MHSN328306	Non Portfolio	01/03/2025
Talking with Voices (PI – Sophie Williams)	The study aims to establish if the Talking with Voices therapy is an effective treatment for participants with serious mental health problems who hear voices. TwV involves a therapist speaking to the voice(s) while the client repeats its response verbatim, with the aim of promoting recovery and reducing voice-related distress.	24MHSN322330	Portfolio	31/03/2026
Sleeping Better (PI – Sophie Williams)	This study has pioneered the treatment of sleep problems in psychosis, conducting feasibility trials with patients at ultra-high risk of psychosis, with patients diagnosed with psychosis, and with people admitted to psychiatric hospital. The purpose is to find out whether 'Sleeping Better', an eight-session psychological therapy, can improve a person's sleep. We also wish to see whether Sleeping Better may bring other benefits to a person's life, such as better mood, fewer worries, and better concentration.	24MHSN330747	Portfolio	31/12/2026
Parent-child interactions (LC – Joanna May)	The study aims to understand parent child interactions in parents with and without psychosis and to investigate factors that can influence parent child interactions such as parental stress, worry, low mood and symptom severity, and to understand the differences between parents with and without psychosis	24MHSN340088	Non Portfolio	30/09/2025

PTSD				
Exploring Trauma Related Shame (PI – Dot King)	We are investigating the role of self-compassion and childhood memories of warmth and safeness on how people experience shame following trauma.	24MHSN327850	Non Portfolio	26/09/2025
Personality Disorders				
Social Brain study (PI - Mirek Bioecki)	This study will investigate the brain activation patterns of people suffering from personality disorders (both in adults and adolescents) and compare them with healthy control participants.	24MHSN103075	Portfolio	31/12/2026
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	31/03/2027
RAPID (LC – Marium Ali)	The study aims to find out which brief and remotely delivered treatments are helpful for people with severe mental health problems with recent suicidal thoughts/suicide attempt. The main question is whether the treatments are more effective in reducing hospital admissions over a 6-month period compared to usual treatment, and if these treatments provide value for money.	24MHSN307657	Portfolio	31/03/2025
Severe Mental Illness				
MoreRESPECT (PI – Reuben Pearce)	The study aim is to find if an intervention to promote sexual health for people with severe mental illness is clinically and cost-effective. We will evaluate whether a 3-session support package can improve sexual health in comparison to usual care.	24MHSN309345	Portfolio	31/10/2025
IAPT (Talking Therapies)				
Prolonged Grief Study (LC – Grace Jell)	(PIC) Prolonged Grief Disorder is a newly recognised mental health problem arising after a bereavement. This study is investigating the acceptability of a new cognitive therapy programme for PGD to bereaved adults. The study involves working through the therapy programme online via computer or smartphone app, with guidance from a therapist via secure messaging and telephone/video calls, for three months.	24MHSN311815	Portfolio	31/05/2027
Developing analytical tools for IAPT demand and capacity planning (LC – Grace Jell)	The aim of this project is to develop innovative, advanced, analytical tools to help improve understanding and management of IAPT service demand and capacity. This project will summarise and model IAPT care pathways and investigate how patient routes through care pathways affect patient dropout and recovery	24MHSN320525	Non Portfolio	28/02/2025

Children and Young People (CYP) projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Daily life experiences of adolescents with ADHD (PI - Rakendu Suren)	Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD) are at increased risk of a range of difficulties. Emotion regulation, peer, and co-occurring mental health problems are prominent problems. To better support adolescents with ADHD, interventions that work in a real-world setting are needed. Ecological momentary assessment (EMA) designs (i.e. study designs that collect data at multiple time points throughout the day over multiple days or weeks) can inform such interventions. In the mental health in-the-moment ADHD (MHIM-ADHD) study, we will capture the daily life experiences of 120 adolescents aged 12-14 years with a clinical diagnosis of ADHD.	24CFAAP3 20059	Portfolio	31/03/2025
Virtual Reality (VR) for Needle Fears (PI – Charlotte Church)	A research team at the University of Oxford are exploring whether a new virtual reality therapy can help young people aged 12-15 overcome a fear of needles. Everyone who takes part will have the chance to try the virtual reality therapy	24CFAAP N334022	Non Portfolio	30/04/2025
EXPAND (LC – Emma Brown)	Online focus groups will be conducted with parents of young people from ethnic minority groups who have a possible neurodevelopmental disorder to understand difficulties they have had accessing care.	24CFAAP N331088	Portfolio	01/02/2026
GO-OSCA (PI – Eleanor Leigh)	This study developed an internet-delivered therapist assisted version of CT-SAD for young people, called Online Social anxiety Cognitive therapy for Adolescents (OSCA), which provides a means to deliver the key elements of CT-SAD within the constraints of NHS services.	24CFAAN3 39554	Portfolio	31/12/2026
Wait Less (PI – Nima Leffler)	This study describes the development and early evaluation of an online intervention aimed at reducing the distress of young people on the waitlists for specialist CYPMHS through the provision of a low intensity digital psychosocial intervention	24CFAAN3 41550	Portfolio	31/03/2025

Physical Health Service projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Diabetes				
ADDRESS II (PI – Emma Bingham)	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	15/05/2025

Food				
FoodsEqual (LC – Emma Brown)	The aim of the study is to investigate diet and factors contributing to dietary choice in a sample of socio-culturally diverse disadvantaged communities using a combination of dietary intake assessment methods, including nutritional biomarkers. The study obtains basic self-reported data on wellbeing, lifestyle, food affordability and diet, using a 'food-chat' approach and will also collect spot urine and hair samples for further dietary assessment biomarkers.	24TWON313798	Portfolio	01/05/2025
Genetics				
Genes and Health (PI – Nisha Pal)	South Asian people have some of the highest rates of heart disease, diabetes, and poor health in the UK. Genes & Health is a research study set up to help fight against these and other major diseases. Participants will provide a saliva sample to study variations in genes.	24TWON146051	Portfolio	31/12/2028
Mobility				
Snacktivity (PI – Jo May)	This study aims to explore whether the Snacktivity™ approach helps people to become more active and is aimed at everyone regardless of their age, fitness, ability or disability. Snacktivity™ focuses on encouraging people to do short 'snacks' of physical activity throughout the day. An 'activity snack' lasts between 2-5 minutes and can easily be fitted into daily life	24TWON336675	Portfolio	31/01/2025
Pain				
EPIC-Neck (PI – Hayley Alderton)	In this small study, we want to see if it is possible, and acceptable, to deliver the EPIC-Neck exercise programme and whether we can conduct a future bigger study testing if the EPIC-Neck programme should be used in clinical practice, instead of the exercise currently prescribed.	24CPHSN331102	Portfolio	31/01/2025
Sexual Health				
ROSES (PI – Catherine Scannell)	Participants will fill in an online survey which will ask about self-objectification, self-surveillance, appearance anxiety, and sexual functioning. We would like to find out if individuals who experience sexual pain place more emphasis on their looks and monitor how they may appear to others. We also aim to explore whether these individuals have higher levels of anxiety around their appearance. Further, we will explore how these different factors interact with one another	24CPHSN334437	Non Portfolio	31/03/2025
Stroke				
INSPIRES-2 (PI – Lisa Ellis)	This study will test whether the Sleepio programme improves sleep quality after stroke in comparison to usual care	23CPHSN306291	Non Portfolio	30/04/2026

Tissue Viability				
Silver II (PI – Stacey Evans Charles)	Commercial. This is a Post Market Clinical Follow Up Study and the performance data from this study aims to show successful improvement in the signs and symptoms of infection, without re-infection during 6-week treatment and follow up period in certain wound types. It also aims to show product safety, wound healing progression, decrease in participant pain and clinician satisfaction with the Silver II Non-Woven Dressing.	2022-10	Portfolio	30/07/2025

Non-health related studies				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Staff				
I-CARE	UK-REACH aims to find out how ethnicity relates to the physical and mental health of healthcare workers during the pandemic. The I-CARE study builds on the UK-REACH study and aims to improve our understanding of the personal and work-related factors that are related to healthcare workers' intentions to change or leave their jobs, and sickness absence. In particular we wish to understand how these factors might differ between healthcare workers from minoritised groups vs other groups (with a particular focus on ethnicity and migration status), and to explore potential reasons for this.	2021-04	Portfolio	31/03/2025