

Summary of Open Studies Service Area in Berkshire Healthcare for FY2025/26

Older Adult projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
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
DEMSA (CI – Dr Pushpa Nair)	Aims: 1) Explore what 'person-centred care' means for South Asian people with dementia; 2) Explore how care planning discussions take place in the community, and how these might be optimised; 3.) Explore how care environments can be culturally adapted to ensure optimal person-centred care	24MHSN3 20061	Portfolio	30/01/2026

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	31/05/2027
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	23/06/2025
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
Understanding Paths to Anorexia Nervosa Recovery (LC – Rosanna Smilie and Tingting Yang)	Our research aims to understand what psychological and psychosocial factors can predict relapse from Anorexia following treatment. Participants will be assessed every 3 months over a period of one year using online surveys. Motivation to recover, social support, diagnoses of other mental illnesses or neurodivergence, ability to adapt thinking to new information or changes (cognitive flexibility) and mindfulness will be measured using a range of questionnaires. We will see how these factors impact their eating disorder symptoms, which will be measured at each assessment point via a questionnaire.	25CFAAN345955	Non Portfolio	31/12/2025
EUPD/BPD				
Disclosure about sexual behaviour in therapy in EUPD/BPD individuals (PI – Bardana Singh)	The study is recruiting participants with EUPD/BPD to take part in a short task and/or interview to share their views on why they would or would not discuss their sexual behaviour in therapy. They are not discussing their experiences only the reasons why they may or may not disclose during therapy.	24MHSN346209	Non Portfolio	01/02/2026
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	01/07/2025 (In follow up)

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
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	31/03/2026
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
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	30/06/2025
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
	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
Cognitive Changes associated with iCBT (CCiC) (PI – Grace Jell)	With this study we aim to assess the dynamic interactions between self-report variables including symptom dimensions of depression and aspects related to mental health, and metacognition over a period of 8 weeks of iCBT treatment.	24MHSN310509	Portfolio	31/08/2025

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	31/07/2025
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	31/12/2025
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	31/07/2026
Cost of ADHD (PI – Mairi Evans)	Our study aims to collect data to better understand the clinician time it takes to complete diagnostic assessment and ongoing management within the NHS. From this, we aim to find out how much it costs financially.	24CFAAN3 40180	Portfolio	01/08/2025
BDD Vignette Study (LC – Clarence Bissessar)	This study will recruit clinicians who will receive two fictional case vignettes. We will examine clinicians' accuracy in identifying BDD and OCD from the vignette and whether this varies by the person's sex. For the BDD vignette specifically, we will explore whether clinician characteristics are associated with diagnostic decisions, and report psychological treatments recommendations.	25CFAAN3 40105	Portfolio	31/08/2025
Brief CBT for adolescent OCD in Routine Practice (PI – Polly Waite)	This study aims to explore the feasibility of adopting brief CBT within NHS-commissioned child and adolescent mental health services. Specifically, we aim to ascertain whether brief CBT for adolescent OCD is: 1. Deliverable within services (i.e. whether clinicians show high levels of treatment adherence) and is acceptable to adolescents, their parents/carers and clinicians/service providers. 2. Associated with significant improvements in OCD symptoms and outcomes equivalent to outcomes for adolescent OCD within meta-analyses for all young people in the trial (including those with an autistic diagnosis and/or high levels of autistic traits). 3. Associated with significant improvements in OCD processes, functional interference, anxiety and depression symptoms. We will examine this across the whole sample and those with an autism diagnosis and/or high levels of autistic traits.	25CFAAN3 48693	Portfolio	31/03/2026

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	31/03/2026
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	30/09/2025
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	01/12/2025 (in follow up)
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