

Study impact – September 2020

Children and Young People studies			
Study title	Study summary	Study impact	Years active
The PTSD in children: a clinician survey	This study aimed to systematically examine and synthesise relevant quantitative, qualitative and mixed-method literature relating to clinicians' perceived barriers and facilitators to the implementation of evidence-informed interventions at all levels of the system for individuals with PTSD	<p>A clinician survey identified four barriers related to supporting this patient population, these barriers were inflexibility of manualised approaches, a fear of increasing client distress, working with comorbidities and a lack of training and support.</p> <p>The most dominant theme within clinician related barriers was a lack of training, which further linked to a number of other clinician barriers identified including an uncertainty of how to approach trauma, a lack of knowledge, and a lack of confidence in using evidence-informed interventions.</p> <p>Future research is needed to explore the nature of the training and supervision needed by clinicians.</p>	09/04/2018 to 27/09/2018
The psychological treatment of panic disorder in adolescence	The aim of this study was to establish what training National Health Service (NHS) Child and Adolescent Mental Health Services (CAMHS) clinicians have received in psychological therapies and panic disorder and how they identify and treat panic disorder in adolescents	<p>The view of CAMHS clinicians study found that only half of CAMHS clinicians identified panic disorder from a vignette and although CBT treatments are widely offered, only a minority of adolescents with panic disorder are receiving treatments developed for and evaluated with young people with panic disorder.</p> <p>The researchers concluded that there is a vital need for clinician training, the use of tools that aid identification and the implementation of evidence-based treatments within CAMHS.</p>	01/04/2018 to 31/12/2018

Eating Disorder studies			
Study title	Study summary	Study impact	Years active
SHARED	The study explored the efficacy of adding a guided self-help intervention (<i>Recovery MANTRA</i>) to treatment as usual for anorexia nervosa	<p>The SHARED study found that augmenting outpatient treatment for adult anorexia nervosa with a focus on recovery and motivation produced short-term reductions in anxiety and increased confidence to change and therapeutic alliance. The SHARED study provides a greater understanding regarding online treatments for anorexia nervosa and how these can help improve outcomes.</p> <p>The study enabled Berkshire Healthcare patients to access a new intervention to help support their recovery and was positively received by the service. The SHARED study was important in assessing whether this kind of treatment is feasible within Eating Disorder services and has led onto other studies looking at online treatments for anorexia nervosa.</p> <p>Overall, the SHARED study will contribute to overall understanding about online interventions and how these can be implemented in practice as standard.</p>	23/04/2015 to 01/02/2017

Learning Disabilities studies			
Study title	Study summary	Study impact	Years active
EpAID	The study aimed to investigate whether nurses with expertise in epilepsy and intellectual disabilities (ID), working proactively to a clinically defined role, can improve clinical and quality of life outcomes in the management of epilepsy and to establish whether any perceived benefits represent good value for money	The EpAID study found that the competency framework intervention was likely to be cost-effective, primarily because of a reduction in the costs of supporting participants compared with treatment as usual. Further research is needed to explore the specific value of the competency framework for those with a mild to moderate Learning Disability.	07/09/2015 to 30/09/2016
LonDowns	The study aimed to investigate the genetic, biological and environmental reasons for individual variations in the cognitive abilities and clinical presentation of individuals with Down's Syndrome, as well as the developmental origins of these variations	<p>The LonDownS study found that the cognitive test battery they used is suitable for the majority of adults with Down's Syndrome, however approximately half the participants struggled to complete the cognitive task. The study helped to identify key areas of further research including genetics, medical and socioeconomic variations and individual differences in the dementia phenotype and cognitive profiles of people with Down Syndrome.</p> <p>Both studies have helped to improve knowledge in their specific areas and EpAID provided Berkshire Healthcare patients with the opportunity to access a new intervention not available on the NHS.</p> <p>The LonDownS study hopes to use the results of their study to help identify risk and protective factors for the development of dementia in people with Down's Syndrome.</p>	01/11/2014 to 01/04/2017

Liaison and Diversion studies			
Study title	Study summary	Study impact	Years active
<p>Outcome Evaluation of Offender Liaison and Diversion Trial Schemes</p>	<p>The study aimed to evaluate the implementation of the national model for liaison and diversion services in ten sites across the U.K.</p>	<p>The Outcome Evaluation of Offender Liaison and Diversion Trial Schemes study found that stakeholders from partner organisations and those delivering Liaison and Diversion services were extremely positive about the National Model.</p> <p>It was perceived to have resulted in an increase in useful information about vulnerabilities being provided to decision-makers in the criminal justice system and closer working between mental health, and other professionals, and the police and courts. There is some evidence that the National Model may have decreased remand to custody from court slightly, at least in some areas, but this needs to be explored further.</p>	<p>07/12/2016 to 10/03/2017</p>
<p>Improving Healthcare for Probationers: Mapping the Landscape</p>	<p>The study examined how healthcare is provided for people under probation supervision in the community, what research suggests about good practice for improving the health of people under probation supervision, and what mechanisms can be used to measure and facilitate improvements in the quality of healthcare provision for this population</p>	<p>Mapping the Landscape study concluded that the key to improving healthcare for people in contact with probation lies in four main areas; commissioning, policy, practice and research.</p> <p>The researchers designed a toolkit for commissioners and practitioners. This toolkit aims to raise awareness of probationers' likely health needs, what is known about the most effective ways of providing healthcare, models of good practice, and how barriers to providing good quality and accessible healthcare for probationers can be overcome.</p> <p>Both studies improve our understanding and will inform and enable further development of clear pathways, support mechanisms and service provision for this patient population. These studies may enable greater understanding of interventions and treatments needed in order to improve the outcomes of the patient population.</p>	<p>06/06/2017 to 31/12/2017</p>

Adult Mental Health studies			
Study title	Study summary	Study impact	Years active
DPIM	The study aims to detect genetic mutations/markers in mental illness.	<p>The DPIM study have published preliminary findings that demonstrated a greater presence of ADHD symptomology in people with a diagnosis of schizophrenia compared to the general population.</p> <p>These findings highlight the importance of improved clinical assessment and treatment considerations in a subgroup of patients with schizophrenia.</p> <p>The DPIM study continues to recruit in other areas and the vision of their future research is that they can tailor medication to provide patients with the best response with minimal side effects.</p>	30/06/2011 to 31/12/2017
SCIMITAR+	The study aimed to see how well a bespoke smoking cessation service tailored to the needs of people with Severe Mental Illness works in helping people cut down or quit smoking	<p>The SCIMITAR+ trial found that smoking cessation can be achieved among people with a severe mental illness and that a bespoke smoking cessation package for people with severe mental illness is likely to be cost-effective over 12 months compared with usual care.</p> <p>The results of the SCIMITAR+ trial will be helpful in informing clinical practice, as they have shown that quitting can be achieved for people who use mental health services just as it can for the general population of smokers. The study enabled Berkshire Healthcare patients to have access to a bespoke intervention to help them quit smoking and the feedback received was positive from both patients and staff.</p>	18/02/2016 to 31/12/2017
Sleep, emotional wellbeing and distressing experiences	The study investigated the relationship between sleep and emotional wellbeing in people with psychosis	The Sleep, emotional wellbeing and distressing experiences study found that having a sleep disorder diagnosis was associated with more severe paranoia, hallucinations and cognitive disorganization in this patient population. The study has highlighted the need for more assessments by the care teams to investigate sleep disorders in this patient population.	11/03/2016 to 13/01/2017
Patient preferences for psychological help	The study aimed to assess the proportion of patients with non-affective psychosis that may benefit from treatment modules developed by the research group	<p>The patient preferences study demonstrated the complexities of the presentation of patients with psychosis.</p> <p>The study concluded that patients with non-affective psychosis have high levels of treatable problems such as agoraphobic avoidance, worry, low self-esteem, and insomnia and they would like these difficulties treated.</p>	21/08/2017 to 31/07/2018

AppROVE	To develop two new questionnaires – one that can measure assertive responding to voices, and another that can measure assertive responding to other people	The AppROVE study resulted in the validation of two 15-item measures of relating to voices and other people. These measures can be used to assess a patient's suitability for certain psychological therapies for distressing voices.	03/05/2018 to 31/08/2019
REACT	The study aimed to explore the clinical effectiveness of a web-based peer supported self-management intervention for relatives of people with psychosis or bipolar (REACT): online, observer-blind, randomised controlled superiority trial	The REACT study found that their online toolkit (REACT) is a cost-effective, acceptable and safe way to deliver NICE-recommended support for relatives who do not experience very high levels of distress.	10/11/2015 to 30/09/2018
CIRCLE	The study aimed to assess the clinical and cost-effectiveness of contingency management for cannabis use in early psychosis	The CIRCLE Trial found that contingency management is not an effective intervention for improving the time to acute psychiatric admission or reducing cannabis use in psychosis	29/09/2015 to 31/10/2017

Talking Therapies studies			
Study title	Study summary	Study impact	Years active
A survey of mindfulness and self-compassion in IAPT	The study aimed to test if people with clinically significant OCD symptoms showed disproportionately poor mindfulness and self-compassion skills when compared to non-OCD clinical controls and to healthy controls	A survey of mindfulness and self-compassion in IAPT study found that participants with clinically significant obsessive-compulsive disorder symptoms reported lower trait mindfulness and self-compassion compared to participants with clinically significant anxiety/depression and to non-clinical controls	05/09/2016 to 31/03/2017
E-COMPARED	The study aimed to gain knowledge on the clinical and cost-effectiveness of blended depression treatment compared to treatment-as-usual in routine care	<p>The E-Compared study found that patients showed a significant decrease in depressive symptoms when treated via E-COMPARED's blended cognitive behavioural therapy compared to control groups undergoing regular therapy sessions. Participants valued the easy-to-use interface and the use of digital tools. Therapists also welcomed the technology, they felt it provided them greater insights into patients' symptoms and enabled them to treat patients more effectively.</p> <p>The data generated by the digital tools can enable researchers to improve and personalise treatment approaches for depression. Researchers hope that it may predict which patient groups would benefit most from internet-based, standard or blended treatment by modelling patient characteristics.</p>	05/09/2016 to 31/03/2017