

Appendix 1: Research study portfolio 2025/26

This appendix provides the full Trust research study portfolio for 2025/26. It includes 79 projects grouped by division and project site type, showing each study's title, site type, site status, recruitment target and recruitment recorded to date.

Children, Family and All Age Services

Title	Project site type	Status	Target	Recruited	Plain-English summary
ADHD prevalence in bulimia nervosa	Recruiting Site	Open	35	2	Looks at how common ADHD is among people with bulimia nervosa.
ART-transition	Recruiting Site	Open	5	3	Explores transition-related support for young people moving between services.
BDD vignette study	Recruiting Site	Closed	1	62	Uses short case examples to understand views about body dysmorphic disorder.
Brief CBT for adolescent OCD in Routine Practice	Recruiting Site	Closed to recruitment - in follow up	15	15	Tests brief cognitive behavioural therapy for adolescents with obsessive compulsive disorder.
Clinical Validation of the Anhedonia Scale for Adolescents	PIC Site	Open	50	0	Assesses a tool for measuring loss of interest or pleasure in adolescents.
Cost of ADHD Assessment	Recruiting Site	Closed	1	0	Examines the cost and resource use associated with ADHD assessment.
Daily Life Experiences of Adolescents with ADHD	Recruiting Site	Open	10	23	Explores everyday experiences of adolescents with ADHD and their families.
Development of a questionnaire to assist with the assessment of autism	All Site Activities	Open	80	59	Develops a questionnaire to support autism assessment.
Eating Disorders in Autistic and ADHD Adults	PIC Site	Open	0	0	Explores eating disorder experiences among autistic and ADHD adults.
Emotion intervention for binge-eating	Promoting Site	Open	0	0	Promotes a study testing emotion-focused support for binge eating.

Evaluation of Care and treatment reviews (CECiLiA) Stage 1	Recruiting Site	Open	20	11	Evaluates care and treatment reviews for people with complex needs.
EXPAND	Recruiting Site	Closed	10	20	Explores barriers to neurodevelopmental care and support.
FINE-ED	PIC Site	Open	0	0	Supports development of tools to understand shame, guilt and pride in eating disorders.
GO-OSCA Trial	Recruiting Site	Open	140	43	Evaluates support for children, young people or families accessing emotional health care.
Online parent-led treatment for OCD in preadolescent children	Recruiting Site	Open	8	5	Tests an online parent-led treatment for children with OCD.
Paths to Anorexia Recovery	PIC Site	Open	0	1	Explores recovery pathways and experiences for people with anorexia.
Remote assessment and monitoring for ADHD	PIC Site	Open	0	0	Explores remote assessment and monitoring approaches for ADHD.
SIBS-MI	Recruiting Site	Open	20	7	Supports siblings or families affected by mental illness.
SNAPPER	Recruiting Site	Closed - follow up complete	22	3	Supports research into assessment or care pathways for children and young people.
STAR-CAT	Recruiting Site	Open	12	4	Supports assessment or treatment approaches for child anxiety.
Testing a mental imagery anxiety intervention	Recruiting Site	Closed to recruitment - in follow up	6	12	Tests a mental imagery intervention for anxiety.
The Experiences of COVID-19 for People with ID and their Supporters	Recruiting Site	Closed	35	18	Explores COVID-19 experiences of people with intellectual disabilities and supporters.
The PETAL intervention	Recruiting Site	Closed to recruitment - in follow up	16	24	Tests an intervention to support young people or families in care pathways.
VR for Needle Fears	PIC Site	Closed - follow up complete	15	6	Tests virtual reality support for children or young people with needle fears.
Wait Less	Recruiting Site	Closed to recruitment - in follow up	30	35	Tests ways to reduce waiting times or improve support while waiting.

Community Physical Health Services

Title	Project site type	Status	Target	Recruited	Plain-English summary
StartRight Study	Recruiting Site	Closed - follow up complete	10	0	Supports research into early intervention or service support in physical health pathways.
Active breaks in people with type 1 diabetes	PIC Site	Open	0	0	Looks at whether short active breaks can support people with type 1 diabetes.
DRN 552: Incident and high risk type 1 diabetes cohort	Recruiting Site	Open	20	19	Follows people with type 1 diabetes or at high risk of diabetes to improve understanding and care.
EPIC-Neck	Recruiting Site	Closed - follow up complete	10	4	Explores assessment or treatment approaches for neck-related health problems.
INSPIRES-2	PIC Site	Open	10	3	Supports recruitment to a study related to respiratory or physical health care.
MUSCLES	PIC Site	Open	0	0	Explores musculoskeletal health or rehabilitation support.
PhD Obesity Research	Promoting Site	Closed	0	0	Promotes doctoral research focused on obesity and related health needs.
PMCF Study of Silver II Non-Woven Wound Dressing	Recruiting Site	Closed - follow up complete	24	28	Assesses a wound dressing used in clinical care.
Positive Voices: National Survey of People with HIV	Recruiting Site	Open	47	3	National survey exploring experiences and needs of people living with HIV.
Process evaluation of the EQUIPD study	Recruiting Site	Closed	2	3	Evaluates how the EQUIPD study was delivered and experienced.
STARFISH Trial	Continuing Care	Closed	0	0	Continues follow-up or care-related activity from a previous trial.
Strategy for Creating a Business Base Digital Companion for Gestational Diabetes Mellitus	Promoting Site	Open	0	0	Promotes development of a digital tool to support people with gestational diabetes.
The Impact of digital health on the Work of Healthcare Professionals	Recruiting Site	Open	12	2	Explores how digital health tools affect healthcare professionals' work.

Mental Health Services

Title	Project site type	Status	Target	Recruited	Plain-English summary
A clinical and cost effectiveness RCT of iACT4CARERS	Recruiting Site	Closed - follow up complete	20	36	Tests support for carers of people with dementia.
A nature-based intervention to improve mental health	Promoting Site	Closed	0	0	Promotes a study exploring whether nature-based activity improves mental health.
ACER V1.0	Continuing Care	Open	0	0	Continues care-related research activity within mental health services.
BPD/ASPD and emerging personality disorder	Recruiting Site	Open	25	15	Uses neuroscience approaches to better understand personality disorder.
Clinician perspectives on sedation in psychosis	PIC Site	Closed	0	0	Explores clinician views about sedation and care in psychosis.
Cognitive Changes associated with internet CBT	Recruiting Site	Closed - follow up complete	80	76	Explores cognitive changes linked to internet cognitive behavioural therapy.
Delirium superimposed on dementia in the community	PIC Site	Open	0	0	Studies delirium occurring alongside dementia in community settings.
DEMSA V1.0	PIC Site	Closed	0	0	Explores culturally adapted dementia care for South Asian communities.
Disclosure about sexual behaviour in therapy in EUPD/BPD individuals	PIC Site	Open	0	0	Explores disclosure and communication within therapy for people with EUPD or BPD.
Does a phased approach enhance outcomes for CT-PTSD for Complex PTSD?	Recruiting Site	Closed	24	12	Explores whether phased trauma therapy improves outcomes for complex PTSD.
Exploring beliefs about responsibility for health consultations	PIC Site	Open	0	170	Explores views about responsibility during health consultations.
Exploring Trauma-Related Shame, Early Experiences and Self-Compassion	Recruiting Site	Closed	128	124	Explores links between trauma, shame, early experiences and self-compassion.
Factors that impact the development of compassion in Complex PTSD	Recruiting Site	Closed	0	7	Explores factors that influence compassion in people with complex PTSD.

Family Interventions in Dementia Mental Health Environments	Recruiting Site	Closed to recruitment - in follow up	0	0	Explores family interventions within dementia mental health environments.
FAST Brain study	Recruiting Site	Closed to recruitment - in follow up	10	128	Assesses scalable tests linked to brain health or cognition.
KOLABO	Promoting Site	Closed - follow up complete	0	0	Promotes a study focused on collaboration, support or mental health outcomes.
Mechanisms of change in psychological therapies	Recruiting Site	Closed	1	0	Explores how and why psychological therapies bring about change.
MoreRESPECT	Recruiting Site	Closed to recruitment - in follow up	34	0	Explores improved approaches to respectful and person-centred care.
NCISH	Recruiting Site	Open	30	415	National confidential inquiry supporting learning on suicide and safety.
Parent-child interactions in parents with psychosis	PIC Site	Closed	5	0	Explores parent-child interactions where a parent experiences psychosis.
Pharmacogenetics in mental health	Recruiting Site	Closed to recruitment - in follow up	25	91	Explores how genetics can inform mental health medication choices.
PPiP2	Recruiting Site	Open	200	124	Supports research into psychosis, immune function or related mental health mechanisms.
READ-OUT Observational Study	Recruiting Site	Open	50	8	Observational study collecting real-world information to improve understanding of care and outcomes.
RECOLLECT 2	Recruiting Site	Closed	26	7	Evaluates recovery colleges and their impact on wellbeing and support.
Self-perceived identity and interpersonal adult trauma	PIC Site	Open	0	0	Explores identity and interpersonal trauma experiences in adulthood.
Talking With Voices II	PIC Site	Closed	4	1	Explores therapeutic approaches for people who hear voices.
The Impact of Community Physical Activity on the Recovery Journey of Individuals with Serious Mental Illnesses	Recruiting Site	Open	11	11	Explores how community physical activity supports recovery for people with serious mental illness.

The Phoenix VR Self-Confidence Therapy Trial	Recruiting Site	Open	19	24	Tests virtual reality therapy to build self-confidence.
Therapist-assisted Internet Cognitive Therapy for Prolonged Grief	PIC Site	Open	0	2	Supports access to online therapy for prolonged grief.
Understanding the Causes of Hallucinations in Psychosis	Recruiting Site	Closed - follow up complete	30	5	Explores factors that contribute to hallucinations in psychosis.

Cross-divisional and Trust-wide studies

Title	Project site type	Status	Target	Recruited	Plain-English summary
Eating Disorders Genetics Initiative	Recruiting Site	Open	15	51	Collects information to better understand genetic factors linked to eating disorders.
Feeling Safer	Recruiting Site	Closed to recruitment - in follow up	60	13	Tests an intervention to help people feel safer and reduce distress.
Identity in autism and personality disorder	Recruiting Site	Open	5	2	Explores identity and experience for people with autism and personality disorder.
Sleeping Better	Recruiting Site	Open	20	11	Tests support to improve sleep and wellbeing.
Assessing the landscape of clinical teaching fellows in the NHS	Recruiting Site	Closed	0	0	Explores the role and experiences of clinical teaching fellows in the NHS.
Genes & Health	Recruiting Site	Open	50	82	Supports genetic research to improve understanding of health conditions in diverse communities.
Genetic Links to Anxiety and Depression	Recruiting Site	Open	30	1040	Large national study exploring genetic links to anxiety and depression.
I-CARE	Recruiting Site	Closed	10	54	Explores care experiences and outcomes relevant to NHS services.
International nurses' research	Promoting Site	Closed	0	0	Promotes research focused on internationally educated or recruited nurses.
Snacktivity to promote physical activity	Recruiting Site	Closed to recruitment - in follow up	25	18	Tests brief activity prompts to increase everyday physical activity.
UK-REACH	Recruiting Site	Closed	30	100	National study exploring experiences and outcomes among healthcare workers.

