PUBLIC INVOLVEMENT IN RESEARCH BULLETIN

Issue 15: February 2019
About

In these bulletins, we advertise involvement opportunities and events within the McPin Foundation. We also advertise opportunities and events for people to get involved in mental health research with other organisations. We also include details of post-graduate education and employment opportunities in mental health research. From time to time we advertise opportunities for people to take part in studies as participants; this is not what we call an involvement opportunity but it might be of interest to some of our readers.

If you have an involvement opportunity you would like to include in our next bulletin, please email us at contact@mcpin.org. If you would like to receive future bulletins direct to your inbox, please sign up here.

We also advertise involvement opportunities on social media, so to be kept up-to-date please do follow us on Twitter and Facebook.

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Would you like to advertise your involvement opportunity in our Involvement Bulletin?

Email: contact@mcpin.org including the following information:

- Some background information about your opportunity
- Where the opportunity is taking place
- Payment amount and whether travel expenses are reimbursed
- The deadline to express interest or apply

Involvement Opportunities

Become a member of the SHARE study Lived Experience Advisory Panel

Nottingham
£60.00/meeting
Register your interest by 31st March 2019

**Please note that this opportunity has been closed early due to high interest**

About

Researchers at the University of Nottingham are looking for ten people, who are over the age of 18, have experienced mental distress, and identify as being of a Black, Asian or minority ethnic (BAME) background, to join the Social, Health and Recovery Experiences (SHARE) study Lived Experience Advisory Panel (LEAP). The role of the LEAP is to offer advice and expertise in shaping this study in 3 meetings, the first is scheduled for the 18th February and two further meetings will be scheduled in April and June 2019. The study is exploring the social influences (e.g. culture, identity and belonging) on mental health and recovery amongst Black, Asian and minority ethnic individuals. The researchers would like to learn about different perspectives, challenges and processes associated with mental distress, and apply this to improving mental health services.

Interested?

To find out more about this opportunity and register your interest, please contact Ada Hui via email: Ada.Hui@nottingham.ac.uk.
About

**The McPin Foundation** are looking for two people, who have personal experience of suspicious thoughts, psychosis, or of hearing abusive voices, and are based locally to Oxford, to join a friendly Patient Advisory Group (PAG). The PAG supports the Oxford Cognitive Approaches to Psychosis (O-CAP) research group and the **Feeling Safe** study. The researchers are investigating why people experience hallucinations and delusions, and are using this knowledge to develop treatments for these difficulties. The PAG meets 3-4 times per year and advise and help to shape the research of the O-CAP research group.

**Interested?**

Please contact Thomas Kabir by email: ThomasKabir@mcpin.org, or phone: 020 7922 7874 for more information and to find out how to apply.

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**SCENE** is a research programme running from June 2017 to November 2022 that aims to develop and test a new intervention to help people with psychosis overcome social isolation and improve their quality of life. The research group are looking for someone, who personal experience of psychosis and using health and social care services, to become a member of the study & Data Monitoring and Ethics Committee to monitor the safety of the research and ensure that it remains ethical.

**Interested?**

Please [click here](#) to find out more information and how to apply. If you require more information, please contact Agnes Chevalier via email: Agnes.Chevalier@nhs.net.

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**feeling safe**

**Become a member of the Feeling Safe Study Patient Advisory Group**

- **Oxford**
- £50.00/meeting
- Travel expenses reimbursed
- Continually accepting applications

**About**

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**Interested?**

Please contact Thomas Kabir by email: ThomasKabir@mcpin.org, or phone: 020 7922 7874 for more information and to find out how to apply.
PhD: Enhancing inter-professionality in the provision of mental health services for LGBT+ youth

Anglia Ruskin University | £15,009 stipend | Apply by 3rd March 2019

Anglia Ruskin University are looking for a PhD candidate to research the ways in which professionals are best able to support lesbian, gay, bisexual and transgender (LGBT+) people experiencing mental health challenges.

To find out more about this PhD opportunity and how to apply, please click here.

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PhD: Exploring how teachers’ explanatory frameworks of mental health difficulties, impact on their responses to students

Lancaster University | £14,777 + fees | Apply by 15th March 2019

Lancaster University are looking for a PhD candidate to assess teachers’ explanatory models of mental health related experiences, and how different underlying beliefs are associated with emotional/behavioural responses including normalising, referral to mental health services, and stigma.

To find out more about this PhD opportunity and how to apply, please click here.
Job Opportunities

Public Involvement in Research Officer
The McPin Foundation | £27,500 | Closes: 5pm, 4th March 2019

The McPin Foundation are looking for a new Public Involvement in Research Officer. The post-holder will be working on a portfolio of studies, including ones using virtual reality, and ensuring high quality public involvement and engagement is provided. The person will need to have some familiarity with mental health research and an understanding and some experience of patient and public involvement (PPI)/or public engagement in research.

To find out more about this opportunity and how to apply, please click here.

Public and Patient Involvement (PPI) Advisor
Battersea Healthcare CIC | £25.00/hour | Closes: 25th February 2019

Battersea Healthcare is looking for a Public and Patient Involvement (PPI) Advisor to help to ensure that patients and residents of Wandsworth are part of the decisions Battersea Healthcare make. The PPI Advisor will be a part of the main Board, PPI committee, and help with other projects that involve offering thoughts and views that represent the patients and residents of Wandsworth.

To find out more about this opportunity and how to apply, please click here.

Research Assistant, SINAPPs Research Group
Oxford Health NHS Foundation Trust | £23,023+ | Closes: 28th February 2019

The SINAPPs Research Group are looking for a research assistant to work on a study investigating the immunological basis of psychosis and other mental health difficulties. The purpose of this post is to provide research assistance to the SINAPPs group studies, including assisting with a multi-centre research project testing out a new treatment for antibody-associated psychosis.

To find out more about this opportunity, please click here.
Mental Health Research Events

#How2CoPro

Co-Production Event

Kingston University and St Georges | Free | 12th March, 10:00-15:30

The second #How2CoPro event aims to share experiences, and provide practical examples, of how power can be shared in a co-produced project. The event will also provide updates on various co-production initiatives and opportunities and feature other talks.

To register for the event and find out more, please click here.

SMaRteN: What is Distinctive about Student Mental Health

Kings College London, Waterloo Campus | Free | 13th March 2019, 10:00-16:30

The Student Mental Health Research Network (SMaRteN) is a national research network funded by UK Research and Innovation, led by King's College London, focusing on Student Mental Health in Higher Education. This event is supporting the collaboration between research groups and universities interested in measuring and tracking student mental health and wellbeing.

To find out more about this event and how to apply, for your place please click here.

Muslim Mental Health Conference

University of East London, Stratford Campus | £10.00-35.00 | 29th April 2019, 09:30-15:30

Better Community Business Network, in partnership with the School of Psychology at the University of East London, are delighted to host an interactive, one-day conference focussing on the mental health of Muslim youth in England. This will be the first mental health conference focussing on Muslim Youth and will bring together multiple sectors including health, social care, education, charitable organisations, research and policy makers.

To find out more about this Conference and to buy tickets, please click here.

Would you like to advertise your Mental Health Research Event in our Involvement Bulletin?

Email: contact@mcpin.org with the information and details about your event.
Tell us why you joined the Lived Experience Advisory Panel (LEAP) for SINAPPS (Study of Immunology in Antibody Positive Psychosis)

I joined the SINAPPS Study LEAP just over 12 months ago. I was excited to learn of this new study because I was becoming aware of emerging research looking at the role of the immune system in mental health. I had often wondered, due to periods of ill health earlier in my life and some unexplained symptoms, whether there was a link between my mental health and immune system. Although I knew that being part of the LEAP wouldn't be giving immediate answers about this link, I was really motivated and interested to get involved in this new area of research.

What is the SINAPPS study?

There is a theory that psychosis in some people is caused by the brain's response to inflammation in the body. The study is trying to identify these people and then test whether a treatment designed to help the immune system might improve symptoms of psychosis. The study is expected to run until the end of 2021.

Have you had to learn lots of complicated science to take part?

Definitely not! Being part of the LEAP has involved reflecting on personal experience and using that to shape the design and implementation of the research. For example, the study involves some participants coming into hospital for an infusion of the antibody 'treatment' via a drip. This would be hard going for anybody, but for someone experiencing psychosis, there could be additional challenges. As a group, we were able to make practical suggestions for how to cope with being in hospital, having some activities to keep the person occupied, as well as planning the appointments to minimise disruption to the person and helping with travel. This hopefully improves the experience for the person as well as improving the number of people choosing to complete the study.

It has been fun learning about the science and we also contributed to developing a service user-friendly booklet explaining the biology of inflammation and its possible impact on mental health.

What have you enjoyed most about being on the LEAP?

The research team often come to the meeting with recent challenges and I really enjoy that we all collaborate to problem-solve these together. We have had to think creatively and practically and I believe this will have a positive impact on the research outcomes, and ultimately for people who might benefit from the results in future.

This article was written by a service-user member of the SINAPPS Lived Experience Advisory Panel (LEAP), who wishes to remain anonymous.

If you are interested in reading more about the SINAPPS Study, please click here.
Would you like to contribute to Your Experiences in Research?

We invite people with lived experience of mental health problems to either:

- Write a short article (no more than 300 words) by hand or on the computer (we can transcribe handwritten pieces into computerised text for you if required)
- Produce a drawing or piece of art by hand or computer

The content must be on the topic of mental health research or your experience of involvement in mental health research, for example working on a lived experience advisory panel or patient advisory group.

We would love to see some of your creative flair and hope that the brief we have provided may give you some ideas. It is completely optional if you would like us to include your name with your work in the bulletin, or if you would like it to be anonymous.

If you would like to produce some content or have any questions, please email: contact@mcpin.org or phone 020 7922 7874.

We will be happy to discuss what you plan to produce and if you would like it to be anonymous. We can also arrange for how you would like to send us your content (either by email or post). A £20.00 Amazon voucher will be offered to you as a thank you for your contribution.
Spotlight Study:  
Women’s Peer Support Programme Evaluation  

What is this research?
This is an evaluation of a women’s peer support programme run by the mental health charity Mind and Agenda – Alliance for Women and Girls at Risk. The programme will increase the provision of gender-responsive mental health peer support for women experiencing, and at risk of developing, mental health problems. The programme will have a particular focus on supporting women experiencing multiple disadvantage. Aspects of multiple disadvantage addressed by the programme include but are not limited to homelessness, drug and alcohol misuse, abuse and violence, and contact with the criminal justice system. The programme will fund gender-specific peer support initiatives in England and Wales, delivered primarily through the women’s sector. The programme will also help to share learning around effective gender informed peer support with the wider mental health and community sector.

Why is this research important?
This research will increase our understanding of the effects peer support can have on mental health and wellbeing of women experiencing multiple disadvantage. This is particularly important as many support services tackling some of these disadvantages, for example homelessness and substance abuse services, do not address women’s needs sufficiently because they rarely use gender-responsive approaches. This research will also establish what works well in partnership working between the mental health and women’s sectors, and how this can contribute to increasing the capacity of grassroots organisations.

How are McPin and people with lived experience of mental health difficulties involved in this research?
The McPin Foundation is partnering with St George’s, University of London, to explore partnership working between organisations in the mental health and women’s sectors, values underpinning gender-responsive peer support, and individual wellbeing outcomes of women engaging in peer support. As part of this, we will be recruiting women with experience of mental health difficulties and multiple disadvantage as regional researchers to support data collection and analysis.

What is the current status of the project?
We have begun data collection on partnership working by observing a series of meetings taking place in the run up to direct project delivery. Project delivery and data collection of wellbeing outcomes and values underpinning women’s peer support is scheduled to begin in March 2019. We will be advertising for the regional research roles later this month on the McPin website.

Who do I contact for more information?
For more information about the project, project or if you are interested in hearing more about the regional researcher roles, please contact Andreja Mesaric via email: AndrejaMesaric@mcpin.org.
McPin Foundation News

McPin Moved Offices!
Kat and Odette have been busy moving McPin to our new home in Borough, a short walk from our old offices in Loman Street. Our new address is:

The McPin Foundation, 7-14 Great Dover Street, London, SE1 4YR

New booklet on Inflammation and Mental Health
As part of the SINAPPS study, McPin staff and members of the lived experience advisory panel have put together a booklet summarising the current research looking at how inflammation can affect our mental health.

Click here to read the booklet

Sign Up to Join our Young People’s Network!
McPin’s Young People’s Network is for young people (aged 13-24) who are interested in research and young people’s mental health. By joining, you can be kept up-to-date with the latest opportunities to be involved in mental health research by receiving our Young People’s Involvement Bulletin.

Click here to sign up to our Young People’s Network

Featured McPin Blog: What does it take to be a Community Navigator?
How do you reduce loneliness? This is a question that McPin have been thinking about a lot over the last two years while working on the Community Navigators project. This blog summarises the last two years of research led by researchers at University College London.

Click here to read the blog

Want to keep up to date with the latest McPin News?
Visit our website: www.mcpin.org
Or follow us:
New INVOLVE Guidance: Public Co-Applicants in Research

The NHS R&D Forum, the Health Research Authority and INVOLVE have put together some new guidance to help researchers wanting to include a public co-applicant in a study; members of the public who would like to become a co-applicant; people who coordinate public involvement activities or advise on funding applications; and those who work in or with research organisations to review or process research applications.

Please click here to read the guidance.

New Online Course for Public Reviewers

A team of public reviewers and patient and public involvement professionals have put together a free online interactive course for new and experienced reviewers of health and social care research. The course covers reviewing in all contexts for NIHR research funding programmes, plus skills and activities required at different levels and stages of research. Researchers may also find this resource useful when writing research funding applications.

To access the course online, please click here.

Mental Elf Blog Highlight: Dropping out of virtual reality exposure therapy for anxiety: comparison with \textit{in vivo} exposure therapy

A new Mental Elf Blog, written by Aislinn Bergen, reviews a new meta-analysis by Benbow and Anderson (2018) that used previous research to compare virtual reality exposure therapy (VRET) with real life (otherwise known as ‘\textit{in vivo}’) exposure therapy (ET) for anxiety disorders and investigated whether there was a difference in how many people dropped out of the different studies.

To read the blog, please click here. To read the Benbow and Anderson (2018) paper, please click here.
Research Studies Looking for Participants

Are you the child of a parent or a parent experiencing severe mental health difficulties?

📍 Across England
💰 £10.00 Love2Shop Voucher as a token of thanks for taking part

About

Researchers at the University of Manchester are interested in finding out what role children’s social networks (the people, things and activities important to you) play in their wellbeing. The researchers would like to interview children aged 6-17 years old who have a parent who is experiencing a severe mental health difficulty.

Interested in taking part?

If you are a parent who is interested in taking part in the study, or you are a child who is interested in taking part, please contact Imogen Nevard via email: imogen@manchester.ac.uk, or phone: 0782 550 3093, for more information.

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Have you heard voices for at least a year and sometimes find them hard to cope with?

📍 Manchester
💰 £10.00 per assessment (two assessments in total)

About

Researchers at the Psychosis Research Unit in Manchester are looking for people aged 18 and over who hear voices to take part in the Talking With Voices (TwV) study. This study is based on the idea that what voices say may reflect real-life conflicts and difficulties in the life of the voice hearer. TwV believes that understanding more about the links between voices and negative events and emotions can provide useful information for helping people to learn new ways to cope with the voices and become less distressed by them. During sessions the therapist will ask questions out loud then ask the person to listen to what the voices say and repeat their responses back. The aim of this is to understand more about how the person and their voices feels about things and to use this information to help you work together to develop a more peaceful and positive relationship. Please click here to read more about the study.

Interested in taking part?

If you would like to find out more about Talking With Voices or make a referral, please contact Alissa Miners via email: alissa.miners@gmmh.nhs.net, or phone 07557 177838.
Our new and developing projects

In 2017-18, we were involved in developing proposals to secure funding and start new research projects.

- We raised £400,000 in project grants.
- We developed and sought funding for 43 projects.
- We secured funding for 20 projects and have started 13 of them already.
- We worked on a total of 38 projects last year. Of these projects, 24 projects had researchers on the team with personal experience of mental health.

Our involvement panels

We continue to grow the number of panels that are made up of people with personal experience of the topic being studied with universities across England. These are known as Lived Experience Advisory Panels (LEAPs).

Currently 102 people are part of a LEAP.

Our supporters

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