SEASONS GREETINGS!

PUBLIC INVOLVEMENT IN RESEARCH BULLETIN

Issue 14: December 2018
About

In these bulletins, we advertise involvement opportunities and events within the McPin Foundation. We also advertise opportunities 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.

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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Involvement Opportunities

Would you like to advertise your involvement opportunity in our quarterly 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

Live in Oxford?

Help design virtual reality environments for a new therapy for people experiencing psychosis

- Oxford
- £60.00 payment offered for attending the workshop
- Travel expenses reimbursed
- Register your interest by Wednesday 9th January 2019

About

McPin and the Helen Hamlyn Centre for Design, Royal College of Art, are looking for 6 people with lived experience of psychosis, who live in Oxford, to be involved in a design workshop. This design workshop is part of a series of workshops which are helping to redesign virtual reality (VR) environments used in a new therapy to help people with psychosis feel safer in every day environments. This work is part of a larger research project called gameChange.

Interested?

To find out more about this opportunity and register your interest, please contact Tillie Cryer via email: tilliecryer@mcpin.org or phone: 020 7922 7874.
Become a Reviewer for the McPin Foundation

Home-based (meet twice annually in central London)
£14.10/hour (roughly 20 hours annually)
Travel expenses reimbursed
Apply by Friday 14th December 2018

About

McPin is looking for 4 people (aged 25 or over) with direct experience of psychosis to join our peer review panel. Peer review is a process where people with particular expertise are asked to read research papers and provide feedback to researchers to help improve their work. We are looking for people with direct experience of psychosis to make sure that people with a mix of different experiences are represented on the panel and also because much of McPin’s work relates to psychosis.

Interested?

To read more about the role and what to expect, please click here to download the information sheet and application form from our website. If you need more information, please contact Tillie Cryer via email: tilliecryer@mcpin.org, or phone: 020 7922 7874.

Become a Young Reviewer for the McPin Foundation

Home-based (meet twice annually in central London)
£14.10/hour (roughly 20 hours annually)
Travel expenses reimbursed
Apply by Friday 14th December 2018

About

McPin is looking for 2 young people (aged 16-24) with direct experience of psychosis to join our peer review panel. Peer review is a process where people with particular expertise are asked to read research papers and provide feedback to researchers to help improve their work. We are looking for young people with direct experience of psychosis to make sure that people with a mix of different experiences are represented on the panel and also because much of McPin’s work relates to psychosis.

Interested?

To read more about the role and what to expect, please click here to download the information sheet and application form from our website. If you need more information, please contact Tillie Cryer via email: tilliecryer@mcpin.org, or phone: 020 7922 7874.
Are you aged 13-24?
Interested in learning about and advising on mental health research?

Meet every 3-4 months in central London on Saturdays
Payment of £80.00 per meeting attended offered
Travel expenses reimbursed
Apply by Friday 14th December 2018

About
McPin is looking for five young people, aged 13-24 with direct experience of mental health difficulties to join our Young People’s Advisory Group (YPAG). The group is formed of 10 young people, of different ages and from different backgrounds, who meet to learn and advise on children and young people’s mental health research. We are particularly looking for young people with experience of psychosis, people with other experiences are also welcome to apply.

Interested in applying?
To find out more and how to apply, please click here to visit our website. If you need more information, please contact Rachel Temple via email: racheltemple@mcpin.org, or phone: 020 7922 7874.

Help develop a toolkit to provide information to mental health services about trauma

Mental Health Foundation, 1 London Bridge Walk, London, SE1 2SX
Cost to attend—£45.00
Travel expenses reimbursed by NSUN
Monday 10th December 2018, 10:00–5:00pm

About
The Mental Health Foundation (MHF) is holding a half day workshop for health professionals, commissioners and women with lived experience exploring how mental health services can provide effective support for people, that takes into account the impact of traumatic events, like violence, neglect or losing a loved one, earlier in their lives. The MHF are working to develop a toolkit that provides relevant, useful information and advice for services looking to become more informed about trauma.

Interested in attending?
To register your interest or request further information, please contact Daina via email: dania@amhp.org.uk
Do you live in Bristol or Oxford?
Interested in providing feedback on how VR therapy could fit into NHS services for psychosis?

Bristol and Oxford
£20.00 shopping voucher offered for attending the session
Travel expenses reimbursed
Express your interest by Friday 28th December 2018

About
McPin is hosting a workshop and information session for people with experience of psychosis about Virtual Reality (VR) therapy as part of the gameChange study. This study is developing a new therapy designed to help people with psychosis feel safer in everyday environments. The session will give people the chance to check out some games/activities on a VR headset. We will ask you a few questions about how you think the VR headset might be used and what you think the limitations are.

Interested?
To express your interest in attending these sessions, please contact Humma Andleeb via email: humma.andleeb@mcpin.org, or phone: 020 7922 7872.

Join the Nottingham Institute of Mental Health Patient and Public Advisory Board

Nottingham
£45.00 per meeting
Travel expenses reimbursed
Express your interest by Friday 21st December 2018

About
The Institute of Mental Health, Nottingham, is recruiting four new advisors to join it’s new public and patient involvement (PPI) advisory board. The Institute is looking for people who can bring their own mental health lived experience and connections to wider networks of experts by experience to advise on research and research documentation . New positions on the board will start in April 2019.

Interested?
To express your interest in this role, please contact Lou Rudkin via email: lou.rudkin@nottshc.nhs.uk with a short explanation of why you are interested in this role, or phone: 011 5748 4300 for an informal chat.
Postgraduate Opportunities

University of Hertfordshire

MSc: Mental Health Recovery and Social Inclusion (Online Masters Course)

University of Hertfordshire | Two Scholarships Available | Apply by 22nd July 2019

The University of Hertfordshire is offering two scholarships to people with lived experience of mental distress to complete a part-time online MSc course will provide you with the knowledge and skills to make a difference to the recovery and social inclusion of people experiencing mental distress. This programme will provide you with the knowledge and skills to make a difference to mental health recovery and social inclusion.

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

University of Bristol

PhD: The association between childhood language development and adolescent psychotic experiences in a general population sample

University of Bristol | £14,700 annual stipend + fees | Apply by 27th June 2019

The University of Bristol is looking for a PhD candidate to investigate whether certain factors of childhood language could predict psychotic experiences later in life. This PhD project will be undertaken over four years which includes training in state-of-the-art approaches to understand the causes of psychotic experiences and psychosis.

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

University of Birmingham

PhD: Resilience in adolescence following childhood maltreatment: From definition to neuroimaging markers

University of Birmingham | £14,777 annual stipend + fees | Apply by 6th January 2019

The University of Birmingham is offering the opportunity to UK students to apply for a competition PhD studentship looking at resilience, the ability to adapt and function, after experiencing childhood maltreatment. Adolescents who have experienced childhood maltreatment are at higher risk of mental health difficulties later in their young adult life.

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

Research Assistant, CAPRI Study

Queen Mary, University of London | £31,054+ | Closes: 7th December 2018

The Unit for Social and Community Psychiatry, Newham Centre for Mental Health, part of East London NHS Foundation Trust, is looking for a full-time Research Assistant. The researcher will be working on the CAPRI study. This study aims to improve the way carers are involved in the hospital care of people with mental health difficulties and explore carer involvement during the transition between hospital and community health services. Candidates should hold an undergraduate degree in psychology or a related social science with a very strong interest in research.

To find out more about this opportunity, please click here.

Research Assistant, ARIES Study

Camden and Islington NHS Foundation Trust | £24,180+ | Closes: 9th December 2018

NIHR CLAHRC North Thames on “App to support Recovery In Early intervention Services (the ARIES study): Usability testing and pilot randomised controlled trial of a supported self-management smartphone application for psychosis” are looking for two research assistants. The project will involve analysing qualitative interviews and the writing up of a report on the acceptability of the intervention for submission to a scientific journal.

To find out more about this opportunity, please click here.

Research Assistant/Service User Researcher, DECISION Study

Population Health Research Institute | £26,243+ | Closes: 12th December 2018

St. George's, University of London are looking for a service-user researcher to work on a project evaluating new Mental Health Decision Units. MDHU are nurse-led, short stay units that aim to improve experience and outcome of mental health crisis care. This project will review the evidence-base for similar interventions internationally, and look at the service provisions in England. The post will involve undertaking and writing up a systematic review and qualitative interviews, amongst other duties.

To find out more about this opportunity, please click here.
Your Experiences in Research

My personal experience within mental health research is certainly in its infancy. I remember that I made a conscious decision that I was comfortable enough to discuss my experience of psychosis and social anxiety. Following this decision, my Community Psychiatric Nurse (CPN) told me about a mental health charity called the McPin Foundation. McPin were recruiting people with lived experience of psychosis to form a Lived Experience Advisory Panel (LEAP). The role of the LEAP is to advise and shape a new research project, known as gameChange. The project will be testing out a new virtual reality (VR) therapy for people with psychosis who have a fear of going outside of their home into everyday environments. It is hoped that the therapy might be used by NHS services in the future. At this point, I knew this monumental project was something I needed to get involved in.

I have been attending LEAP meetings over the last 6 months. So far, some of the work we have been doing has included:

- Identifying and shortlisting ‘everyday’ environments which people with psychosis, who have fears about going outside their home, can find difficult. The environments shortlisted are being built in VR by specialist developers at the moment.

- Some LEAP members have participated in VR design workshops, run by the Royal College of Art. The workshops have addressed the design of the VR and what people would like to see or hear in while in the VR environments. The groups have also discussed the potential limitations of the VR development.

- Developing and openly discussing the study protocol or ‘instruction manual’ for the trial.

Naturally, discussion keenly flows at meetings and workshops, prompting plenty of idea sharing and group reflection. Group reflections inevitably prove to be insightful and an opportunity for us to learn, tweak and investigate further. It is always positive when further discussion arises allowing us to invest time in thinking outside of the VR box. At present, many discussions within the LEAP are about safe locations for people to use the VR and how they would participate in different environments. For example the NHS settings like early intervention centres or outpatient clinics within a hospital.

Being involved from the very beginning in such a pertinent and relevant research project is an honour. I feel that my contribution offers some helpful insights and increases my own personal confidence as an added extra. Because of all of this I truly believe that this project will inevitably benefit people with psychosis in a few years to come.

About the Author

Cheryl Williams is a writer, thinker and optimist who keenly participates in hospital radio and more recently BBC radio. She has recently taken part in a BBC Radio 4 documentary, ‘A History of Delusions’, discussing her personal experience of Psychosis in an interview. She is currently a keen student of Buddhism, Yoga and Meditation and cites these holistic approaches to self-discovery as “life-changing”. Her interests centre on mental health advocacy and sharing her time, thoughts and experiences within certain panels and discussion groups within the NHS.
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 contact Tillie Cryer by email: tilliecryer@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 Amazon voucher will be offered to you as a thank you for your contribution.
What is inflammation and antibody-mediated encephalitis?

Inflammation is the body’s response to injury or infection and helps to protect us from harm. For example, when you bang your knee, it will probably become red, sore, hot and sometime swollen. This is inflammation. This reaction doesn’t only happen if you are injured, it can also happen if you catch a bug, have a disease or have an allergic reaction to something. Inflammation is a very particular response which is managed by part of the body called the immune system. Sometimes, inflammation can go wrong and happen when no protective response is needed, so instead of protecting the body, it can cause damage. There is some evidence that this can happen in the brain and cause something called ‘antibody-mediated psychosis’.

Essentially, antibody-mediated psychosis means that the brain becomes swollen because certain parts of the immune system—called antibodies, are causing damage to the brain and triggering inflammation. Antibodies are small ‘y-shaped’ proteins which are attached to the cells of our immune system to recognise invading bugs, like bacteria and viruses.

There is some evidence that certain types of these antibodies can attach to areas of the brain and cause symptoms of psychosis—such as hallucinations and delusions. Research has shown that around 9% of people experiencing psychosis for the first time have these antibodies in their body, and for some of these 9%, antibodies are likely to be causing their symptoms of psychosis.

How is the SINAPPS study helping people affected by antibody-mediated psychosis?

SINAPPS stands for “Study of ImmuNotherapy in Autoantibody Positive Psychosis”. A team of researchers from the University of Cambridge and Oxford have received funding to test out whether it is possible to treat people with antibody-mediated encephalitis using a new therapy called ‘IVIG’. It involves being given ‘good antibodies’ through a drip. The good antibodies will stick to the cells which are producing the bad antibodies to stop them from producing anymore. The research team are currently testing the IVIG therapy and another type of therapy in a much larger trial.

How are McPin and people with experience of psychosis involved in this research?

McPin is facilitating the service user involvement for this study in the form of a Lived Experience Advisory Panel (LEAP) formed of 7 members. The LEAP provide advice and assistance to the wider study team as the research progresses. So far, some of the things the LEAP have advised on are the recruitment process for the study, information and consent forms shared with the trial participants and producing a booklet about how the immune system can affect our mental health.

Who should I contact for more information?

You can find out more about this research by visiting the SINAPPS study website by clicking here. You can also contact Thomas Kabir or Tillie Cryer via email: thomaskabir@mcpin.org; tilliecryer@mcpin.org; or phone: 020 7922 7874 for more information.
Release of the Top 10 Questions Research Priorities for Young People's Mental Health

We have just released the top 10 priorities for young people’s mental health; as decided by those who know best – young people and those that support them.

Click here to read the Top 10 Questions

Our Year in Numbers

We have created an infographic to summarise our impact and reach over the last year. We are really pleased that we are facilitating more involvement panels and immensely grateful to our panel members to help shape and inform the research of our research partners.

Click here to view Our Year in Numbers

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 and to be involved in mental health research

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

Featured McPin Blog: Involvement on the Curriculum

Guest blogger Grace Ryan has written about how we can teach the next generation of global mental health researchers what “involvement” really means.

Click here to read the Blog
£2m Study to Address Global Mental Health Stigma

A global study that looks to understand and reduce the stigma that surrounds mental ill health has received a £2 million grant award from the MRC. The Indigo Partnership is one of the largest studies of its kind and will develop and test new methods to reduce stigma in China, Ethiopia, India and Tunisia.

The Indigo Partnership, led by Professor Sir Graham Thornicroft from King’s College London, will address why stigma occurs and how to combat it in economically developing countries. Four low- and middle-income countries will work in close collaboration with four high income countries to develop tailored anti-stigma strategies, including the UK. Please click here to read more.

New Research Handbook for Patient and Public Involvement Researchers

A new handbook for Patient and Public Involvement Researchers has been published, edited by Penny Bee, Helen Brooks, Patrick Callaghan and Karina Lovell. The book is designed for people engaged in patient and public involvement work and gives the reader a general overview of research and the research process, to better equip them for involvement work.

To download the book for free online, please click here. To purchase a hardcopy from Amazon, please click here.

Mental Elf Blog Highlight: Mental Health Act detentions are increasing, but why?

A new Mental Elf Blog written by Luke Sheridan Rains, highlights some of the factors which could be playing a role in the rising number of detentions in England and Wales, taken from the 2016/2017 Care Quality Commission Monitoring the Mental Health Act report. Luke also summarises a recent paper from Keown et al. (2018) which breaks down some of the data surrounding the Mental Health Act and some other possible explanations for the rise in the number of detentions.

To read the blog, please click here. To read Keown et al. (2018) paper, please click here.
Research Studies Looking for Participants

Are you over the age of 65? Do you experience difficulties with worrying?

Home-based  Travel expenses reimbursed

About

The FACTOID study (ACT Therapy for older adults with long term chronic worry), run by researchers at University College London (UCL) are looking for people over the age of 65 who experience difficulties with worrying, who have not responded well to treatment they have previously received. People who take part would be asked to take part in a trial to test out a new form of talking therapy. This new form of talking therapy will be based on Acceptance and Commitment Therapy, a form of talking therapy that helps people to learn new ways of handling distressing thoughts and feelings. It also helps people to develop ways of taking part in activities that are important and meaningful to them. Please click here to read more about the study.

Interested in taking part?

If you are interested in taking part in the study or would like further information, please contact Kate Kimona via email: k.kimona@ucl.ac.uk, or phone: 0203 108 7833.

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.
About

The University of Manchester and their collaborators are looking for people to take part in a study which aims to improve telephone therapy. Telephone therapy is one of the recommended ‘Improving Access to Psychological Therapies (IAPT)’ services offered by the NHS to help people with depression and anxiety. However, despite strong evidence that telephone therapy helps, many people are not starting or finishing their telephone treatment, which means that they are not getting all the help they might need. The researchers would like to interview people who have received this type of telephone therapy in the last 12 months. The researchers will ask about people’s views and experience of this type of therapy.

Interested in taking part?
If you are interested in taking part, please contact Kelly Rushton via email: kelly.rushton@manchester.ac.uk or call: 016 1306 7332.

Take part in an online consultation to improve women’s mental health services

About

The Women’s Mental Health Network is looking for people to take part in an online consultation (by completing a survey) to help identify what the most important areas of mental health and criminal justice systems, and associated services (such as NHS, prisons and services provided by local councils). Through the Women’s Mental Health Network, the charity Wish will then launch user-led campaigns to improve these areas.

Interested in taking part?
To find out more and how to complete the survey, please click here.

Enhancing the quality of psychological interventions delivered by telephone (EQUITy)

About

The University of Manchester and their collaborators are looking for people to take part in a study which aims to improve telephone therapy. Telephone therapy is one of the recommended ‘Improving Access to Psychological Therapies (IAPT)’ services offered by the NHS to help people with depression and anxiety. However, despite strong evidence that telephone therapy helps, many people are not starting or finishing their telephone treatment, which means that they are not getting all the help they might need. The researchers would like to interview people who have received this type of telephone therapy in the last 12 months. The researchers will ask about people’s views and experience of this type of therapy.

Interested in taking part?
If you are interested in taking part, please contact Kelly Rushton via email: kelly.rushton@manchester.ac.uk or call: 016 1306 7332.
Ournewanddevelopingprojects

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.

Ourinvolvementpanels

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.