McPin Public Involvement in Research Bulletin

Issue 8: March 2017

This is the eighth edition of the quarterly McPin Public Involvement in Research bulletin. In these bulletins we provide news about mental health research and advertise any relevant user and carer involvement in research opportunities and events within the McPin Foundation. We also advertise opportunities for people to get involved in mental health research with other organisations. From time to time we advertise opportunities for people to take part in studies as participants.

If anyone has anything that they would like to include in our involvement bulletin or if you would like to be placed on the mailing list to receive future editions of the bulletin then please sign up here. You can email us at contact@mcpin.org or phone 0207 922 7874.

To sign up as a supporter of the McPin Foundation and to receive our organisational newsletter, also produced quarterly and distributed by email, please click here or go to www.mcpin.org
We welcome submissions of articles for publication in this Bulletin on a voluntary basis. We reserve the right to edit articles that are submitted (in consultation with the contributor) before publication. The views expressed in articles in this bulletin are solely those of the authors and do not necessarily represent the views of the McPin Foundation.
Involvement Opportunity

NIHR Public member recruitment 2017

An opportunity for members of the public to get involved in advisory panels

The National Institute for Health Research Central Commissioning Facility (NIHR CCF) is currently looking for members of the public to join the following panels:

1. **Invention for Innovation (i4i) programme**
   One member on Product Development Award panel

2. **Programme Grants for Applied Research (PGfAR) programme**
   One member on national sub-panel

3. **Research for Patient Benefit (RfPB) programme**
   Seven members across six Regional Advisory Panels: West Midlands (x1), South East & Central (x1), North West (x1), Yorkshire and the North East (x2) and East of England (x1), East Midlands (x1)

4. **Department of Health, Policy Research Programme (PRP)**
   Two members for the PRP Commissioning Panel

**Deadline for applications: 12pm on Monday, 27 March 2017.** Shortlisted candidates will be invited to attend an interview. Please check the information pack for interview dates and location. If you are interested in applying, please download an Information Pack, which provides more details about the role and how to apply, and an Application form.

You can download these documents here: [www.nihr.ac.uk/ppirecruitment](http://www.nihr.ac.uk/ppirecruitment). If you require paper copies of the documents, please contact the Patient and Public Involvement (PPI) team on: Telephone: 020 8843 8041 Email: ccfppi@nihr.ac.uk.
PhD Opportunities

Lancaster University
Division of Health Research, Lancaster, UK

PhD Studentship: Making workplace adjustments for employees who experience mental health problems: An implementation research approach to understanding the influences and barriers experienced by line-managers.

Closing date: midnight 3rd April 2017
Competition Funded PhD Project (European/UK Students Only)

Project description

Rationale: During working life most people, however briefly, will experience mental health problems that are work-related or impact on work. There is strong evidence that working is generally good for mental health and can support recovery. However, the likelihood of being in employment with a mental health problem is determined by the availability of flexible and inclusive workplace policies and practices and the willingness of line-managers to implement workplace adjustments (e.g. reduced hours, different duties) when needed. Meta-analysis of 140 studies shows the importance of line-managers role in supporting employee’s transitions between work, absences and adjustments as mental health significantly worsens after the loss of a job and improves on re-employment.

The gap: There is considerable evidence regarding the efficacy of such adjustments in supporting job retention for workers with physical conditions but little is known about the capacity of line-managers to implement adjustments to support workers with mental health problems, particularly given their invisible and fluctuating nature. Furthermore, line-managers’ capacity to support workers with mental health problems is limited by their understanding of policy, mental health and accessibility of resources.
Relevance to policy and practice: Influenced by discussions with the Department of Work and Pensions and Lancashire County Council this project takes an implementation research approach to understanding how employers can work to increase workplace inclusivity, health and wellbeing. This project is very timely and brings together mental and public health. The approach to ensuring evidence can inform practice will be grounded in implementation science theory.

Supervisory Team: Dr Naomi Fisher (Lecturer in Mental Health) and Dr Paula Holland (Lecturer in Public Health). Informal enquires about the project should be made directly to Dr Naomi Fisher.

For more details please see: PhDs at Lancaster University.

Funding Notes: Awards are available for UK or EU students only for a maximum of three years full-time study. Awards will cover University Fees and Doctoral Stipend (2017-2018: £14,553).

University of Bristol

Three PhD studentships in mental health research as part of Bristol's NIHR Biomedical Research Centre


Overview: The University of Bristol is offering a number of 3-year full time PhD studentships in mental health research as part of the new NIHR Biomedical Research Centre, to start in October 2017. The award covers the standard UK stipend (£14,553 in 17/18) and tuition fees (£4,195 in 17/18), plus a research and training grant of £3,000 per year.
The studentships are in the areas of suicide, psychosis, domestic violence, depression and alcohol misuse and will be hosted within the Bristol Biomedical Research Centre (BRC), a new initiative funded by the NIHR.

The BRC is a partnership between the University of Bristol and the NHS. Mental health is one of its seven themes. Students will join a large group of post-graduates working across the Centre of Academic Mental Health, the School of Experimental Psychology and the MRC Integrative Epidemiology Unit at the University of Bristol. The studentships will contribute to the mental health theme programme of research, which includes work-streams on translational epidemiology, biomarkers and experimental medicine. Our research is multidisciplinary in nature, and the researchers in the Centre include psychiatrists, epidemiologists, GPs, geneticists, public health physicians, statisticians, psychologists and social scientists.

**Candidate requirements:** Applications are welcome from high performing individuals across diverse disciplines (e.g., neuroscience, psychology, genetics, natural sciences) who have, or are expected to obtain, a 2.i or higher degree or equivalent. Possession of a relevant research Masters degree will be an advantage.

**Must be able to start full-time in October 2017.**

**How to apply:** Please make an online application for this project ([www.bris.ac.uk/pg-howtoapply](http://www.bris.ac.uk/pg-howtoapply)).

Only applicants from the EU and UK are eligible for this programme.

**Contacts:** For general enquiries about the studentships please contact Sarah Lewis (s.j.lewis@bristol.ac.uk) and for enquiries about the application procedure please contact Sharen O'Keefe (sharenokeefe@bristol.ac.uk).
Participation Opportunities

Are you a RELATIVE of someone with PSYCHOSIS or BIPOLAR DISORDER?

Relatives Education and Coping Toolkit....

Do you feel DISTRESSED?
Would you like SUPPORT and information via an online toolkit for relatives?
Would you like to take part in an ONLINE research study for relatives?
If the answer to these questions is YES then we’d love to hear from you!

What is REACT?
REACT (Relatives Education And Coping Toolkit) is online peer-supported toolkit for relatives of people with psychosis or bipolar disorder. The aim of this study is to test the effectiveness of REACT for reducing relatives’ distress and explore the costs involved in delivering this intervention.

Is this research for you?
Participants must be aged 16 years old or over, have access to the internet, and be able to understand written and verbal English.

Who are we?
We are a team of researchers from Lancaster University, Lancashire Care NHS Foundation Trust, Liverpool University and University College London. This project is funded by the National Institute for Health Research Health Technology Assessment (ref 14/49/34).

For more information or to register for this study please visit

www.reacttoolkit.co.uk

Or contact the REACT Team on react@lancaster.ac.uk

Poster Version 1.4 21.03.16
APT Measure of Safety: help us define the adverse effects of Psychological Therapy

We know Psychological therapy can be helpful, but very little is known about negative effects. Before we research this, we want your help to define what the negative adverse (or side) effects might be. The research study will involve online questionnaires about what you think might be the negative effects of therapy.

We want to hear from many different people who have experience of face to face therapy; professionals who provide therapy, AND people who’ve had therapy for a mental health difficulty.

Please note that participants need to be over 18 years of age.

If you decide to take part you will be invited to take part in a survey that will ask for your opinions. Later, we will invite you to take part in 2 short surveys after we have combined everyone’s responses.

For more information, please visit https://aptmeasureofsafety.wordpress.com/ or contact Edel McGlanaghy at apt.study@ed.ac.uk.

Ethical approval has been provided by the University of Edinburgh.

This project is being supported by the Department of Clinical Psychology in the School of Health and Social Science at the University of Edinburgh, and is being supervised by Dr Paul Morris. Dr Paul Hutton is a collaborator.
Young people & Psychosis

Have you experienced psychosis?
Are you aged 16 to 25?
Sharing your experiences could help others!

www.healthtalk.org is a unique, award winning website run by a national charity. On the site you can read, watch, and listen to young people talking about their real-life experiences of health, illness and lifestyles. Interviews for the site are collected by University researchers.

We’re looking for young people who can help us to produce a new site, designed for young people about experiences of psychosis. If you would like to take part and are aged 16 to 25, our researcher, Fauzia Knight would visit you and ask you to talk about your experiences or make a video diary. You can choose whether we use a video, audio or text version of your interview. You can even have an actor speak your words! After the interview we will give you a shopping voucher to say thank you for your time.

We are interested in talking to people who have had an experience of psychosis themselves and are aged 16 to 25.

For more information, call, text or email Fauzia Knight. We will send you more information about the project. If you then decide you don’t want to take part - no problem.

Please contact Fauzia Knight here:

✉️ fauzia.knight@phc.ox.ac.uk
📞 01865 617 865 or 07595 288 116
🐦 @FKnightOx

Health Experiences Research Group, Nuffield Department of Primary Care Health Sciences, University of Oxford, Radcliffe Observatory Quarter, Woodstock Road, Oxford OX2 6GG. www.phc.ox.ac.uk

Study approved by Berkshire Research Ethics Committee
YHT generic flyer V3 July 2015 12/SC/0495
McPin are pleased to announce the launch of a new booklet on antibody mediated psychosis which was kindly written for us by Sarah Galloway. Antibody mediated psychosis is where the immune system mistakenly attacks the brain causing it to become inflamed. Psychosis then follows. Using her expertise in chemistry and personal experience of the condition Sarah produced a highly readable introduction to the causes and treatment, which covers all the main issues in a clear and approachable way. Sarah also recently appeared on the Victoria Derbyshire program on BBC2 (December 2016) where she discussed her experiences. See our news section for further details.

To read or download the booklet please click here or go to www.mcpin.org.
In November 2016 we launched the second in our series of Talking Point Papers ‘Public Involvement in Research, Why Not’? By Kirsten Morgan. These are intended to give researchers space for personal reflections on how we do research.

At McPin we champion the involvement of people with lived experience of mental health problems in research, because we believe it improves it. But we know Public and Patient Involvement (PPI) is not always straightforward. Imagine that you are an experienced researcher meeting for the first time with some people with experience of mental health problems about a research proposal.

I’ve been in this situation myself. I could almost hear them thinking; ‘Who is this person? Why are they here? I’ve had years of training. Does this person have the right skills and experiences to contribute to my research project?’

The National Institute of Health Research (NIHR) has long required researchers to actively involve people in research that it funds. But has it really been explained why this should be the case?

Well, Kirsten set out to try and find some answers to these questions. She spoke to a range of researchers, clinicians, and people who work in PPI from a range of backgrounds, not just mental health, to explore what they really thought about it as a concept and how it is done in practice.

For me, one really interesting theme that emerged was ‘democracy’. Others have long pointed out that user and carer involvement brings a degree of democracy to the research. There is a rights based argument that those most affected by research, service users and carers, should have a say in it. As most research in the UK benefits from some form of taxpayer subsidy (direct or indirect) there is an argument that the public has a right to be involved.

But is democracy a good thing in research? Is it even necessary? As one academic researcher is quoted as saying:

“Actual honesty goes back to the beginning - good research requires formal, new ideas – creativity and innovation and all that. And that’s not a democratic process. That may be a process involving many people but not in terms of consensus in decision-making.”
I don’t know how many people Einstein talked to before Relativity Theory. Of course he wanted input, and then to come to a more appropriate understanding of where PPI sits – what it can do, what it can’t do – rather than having this current tick box exercise where three weeks before the submission of an application it’s– “Oh god we’ve forgotten the PPI”

For some the events of 2016 have laid bare the realities of democracy. When everyone gets to have his or her say you don’t always get the result you want. It’s not often remembered that doctors initially voted against the creation of the NHS in 1948. But as Winston Churchill said in 1947: “many forms of Government have been tried, and will be tried in this world of sin and woe. No one pretends that democracy is perfect or all wise. Indeed it has been said that democracy is the worst form of Government except for all those other forms that have been tried from time to time…”

I can’t help but believe that the same is true for research.

Article by Thomas Kabir

To read Kirsten’s full paper, please click here or go to www.mcpin.org.

Reviews

Tomorrow I Was Always a Lion – a response

In November, I went to see the play, Tomorrow I Was Always a Lion. Based on the memoir of Arnhild Lauveny, this stage adaptation by Belarus Free Theatre retells parts of the author’s lived experience of schizophrenia. Five actors play Arnhild in her journey from her first experiences of visions and hearing voices, through years spent in psychiatric wards, to a slow recovery leading to the writing of her memoirs. It is an emotive piece of theatre, which deals with its subject matter with both compassion and creativity.

The production captivates not only through subject matter but also through impressive artistic and technical spectacle. Shadow play, live projected footage from cameras held by the actors, fast-paced physical theatre, pyrotechnics, musical instruments and inventive light and sound technology are used to depict the sensory overload of the intense world Arnhild’s schizophrenia creates around her. The sense of audio-visual distortion felt by the audience is at times overwhelmingly intense and uncomfortable, and creates an echo of Arnhild’s own described distress.
The production is at times very difficult to watch. There are depictions of the police brutality, which leaves lasting damage on Arnhild, and of the violent force used upon Arnhild whilst in psychiatric care. The play does not skirt around the pain and trauma that can be involved not only in experiencing psychosis but in being institutionalised. But whilst the play does not romanticise Arnhild’s experience, it does present hope alongside trauma. As Arnhild’s journey of recovery is facilitated by those who take the time to listen to her, and her voices. Something demonstrated repeatedly throughout the play is the positive impact of individuals who engage with Arnhild as an equal individual, despite the often severe barriers in communication caused by her psychosis. She speaks of a mental health nurse who listened to and supported her aspirations, the love and respect of her mother, and of an art therapist who allowed her to conceptualise her mental health on her own terms. Through relationships such as these, the audience is shown the difference made by centring treatment around the needs and agency of the individual being treated.

The importance of compassionate relationships, both between individuals and between the individual and the voices they hear, was a key theme of the post show discussion, led by Rai Waddingham (Hearing Voices Network), Dr Taiwo Afuape (clinical psychologist and systemic psychotherapist, liberation psychology), Dr Alan Bleakley (Medical Humanities at Plymouth University), and facilitated by Charles Heriot-Maitland (clinical psychologist specialising in compassion focussed therapy and psychosis).

Dr Afuape proposed the need for a ‘relational revolution’ in how we view psychosis, stressing the importance of ‘moments when people saw [Arnhild] and helped her to see herself’. The audience were given time to ask questions, and topics discussed included self-care, the relationship between mental health and intersectionality, the pros and cons of medicating mental health issues, overuse and misuse of physical restraint, and the difficulties involved in keeping people with severe mental health problems and those around them safe.

The importance of ensuring that those with lived experience of their condition were at the heart of decisions made about their care and treatment was consistently raised and supported. This is all the more pertinent at a time when research has identified the lack of empirical understanding of compassion in healthcare, and evidence has shown the risk of re-traumatisation of service users through contact with mental health services.
a personal note, as someone with lived experience of mental health problems with many similarities, and many differences, to Arnhild’s experiences, watching this show and engaging in post-show discussion was both a learning experience and a therapeutic one. Just as it taught me things I did not know about living with schizophrenia, it also reminded me of the warmth and hope that can be found sharing stories and discussion with others who have had similar experiences. Safe environments in which lived experience of mental health can be explored creatively, like the one created by Belarus Free Theatre, are precious.

The production and the post-show discussion alike make clear the importance of advocating for person-centred approaches to highly stigmatised and poorly understood mental health problems, and of giving people with experiences of those conditions the space to be compassionate towards each other and, crucially, towards themselves.

Whilst the production is no longer running, Arnhild Lauveny’s memoir is available, translated into English under the title A Road Back from Schizophrenia: A Memoir.

Review by Megan Dalton

Psychiatry and Antipsychiatry: What are they, and do they still matter?

In November last year Tom Burns from Oxford University gave a talk at the Royal Society of Medicine (RSM) on the topic of ‘Psychiatry and Anti psychiatry’, which is now available on their website to view.

The professor is an engaging speaker and in his presentation he gave an interesting overview of the topic. He concentrated on four of the most well known critics of the field: Goffman, Szasz, Foucault and Laing. I had expected him to be critical of their work, since
they attack the very field he has spent his life working in, but it was refreshing to hear him describe their work as being of benefit to psychiatry.

In particular, their role in highlighting what he saw as the central paradox of his profession, the need for mental health experts to bring classification and objectivity to the issue, while recognising the subjective nature of every condition and individuality of patients, and importance of the doctor patient relationship. If you have 45 minutes to spare, it is well worth a listen to. My only complaint is that I’d like to have seen this expanded into a lecture series.

Review by Chris Chatterton

Book reviewers wanted!

If you would like to review a book for us then please let us know. The book needs to be on a mental health topic (ideally vaguely related to research, mental health services, and so on) and be reasonably priced. If you write a review for us, we will buy the book for you, and we will give you a £20 gift voucher as a token of our appreciation. Please email thomaskabir@mcpin.org if you have any suggestions.

Mental Health Research in the News

Antibody mediated psychosis feature on the Victoria Derbyshire program

The topic of antibody mediated psychosis received some welcome publicity in December 2016, when the BBC2 news program hosted by Victoria Derbyshire covered the subject in a segment on the show.

Antibody mediated psychosis is where the immune system mistakenly attacks the brain causing it to become inflamed. Psychosis then follows.

This included talking to Sarah Galloway, the author of the new booklet on antibody mediated psychosis outlined above (please see page 10 of this Bulletin for more details). In the program she spoke eloquently about having the condition, her treatment and aims for the future.
The program also talked to Dr Tom Pollak from Kings College London, who has been involved research about the role of immune system and mental health. To see the interviews in full, please click here.

The feature generated additional publicity. BBC News produced an article entitled ‘some psychosis an ‘immune disorder’. You can read the article here.

BBC World subsequently aired a slightly edited version of the footage from the Victoria Derbyshire programme thus ensuring that the topic gained international attention.
Prevalence and clinical characteristics of serum neuronal cell surface antibodies in first-episode psychosis

New research published in Lancet Psychiatry adds to a growing body of evidence for the role of the immune system in a small but significant number of individuals who have problems with psychosis.

The work that was carried out by Lennox and colleagues compared 228 patients with first-episode psychosis and 105 healthy controls, and found an association with the presence of neuronal cell surface antibodies and psychosis. They analysed numerous immunological components, such as NMDAR, and although only a small number of individuals were potentially affected, this research is still significant.

To read a summary of the article, please click here.

Adult Utilization of Psychiatric Drugs and Differences by Sex, Age, and Race

In countries such as the United States where healthcare is less centralised and more fragmented, it can often be quite difficult to study national trends in medicine or the direction of public health. As a result, there are significant gaps in our knowledge. For example, although a number of estimates for psychiatric drug use in the US have been put forward, definitive evidence has been harder to come by.

This is what researchers Moore and Mattison set out to achieve when they analysed data from the medical expenditure panel survey from 2013, where the study findings have just been published in JAMA Internal Medicine. Their data make for interesting reading. For example, it shows that 1 in 6 US adults were taking some form of psychiatric medication in 2013 and this was long-term. But that there were significant differences in regard to race, age, and sex.

Their findings show that twice as many white adults (21%) compared to Hispanics (9%), were taking psychiatric drugs. While Black and Asian communities were found to have similar levels of consumption to the Hispanic population. In addition, the data showed that this steadily increased with age, and that women were also more likely than men to be taking medication.

These are quite startling statistics and reflect the social, cultural and commercial environment that exists around mental health in the United States. But are also likely to be reflected in other rich westernised countries, such as Great Britain.

To read the abstract of the article, please click here.
Watching garden birds is good for mental health, research shows

The Telegraph carried an interesting article by Lydia Willgress about research on the role of nature and green spaces on mental health. A new study led by scientists at Exeter University has found that people’s mental well-being can be positively affected by the number of garden birds they can see, with those seeing the most during the day experiencing lower levels of stress, anxiety and depression.

The work looked at people living in three towns in the Home Counties, Bedford, Luton and Milton Keynes, and showed that these benefits were irrespective of other factors such as socio-economic status and age.

The newspaper spoke to the lead researcher, Dr Daniel Cox, who noted that ‘Birds around the home, and nature in general, show great promise in preventative health care’. The research paper was published in the journal Bioscience.

Children in UK mental health hospitals 'not improving', parents say

In other news, an article in the Guardian reported on a survey, which has found that over 50% of parents with children in mental health hospitals felt that they had not improved, and that nearly a quarter believed that they had got worse. The research was conducted by the charities Young Minds and the National Autistic Society, and was based on replies from 448 parents in England.

The survey also highlighted many other concerns, such as lack of involvement in treatment decisions, with a third of parents saying that they were not consulted about medication. In addition, it was reported that over half of parents felt they were not in a position to challenge decisions, with a further 44% also highlighting how they were not able to visit their child as often as they would have liked, due to the length of travel and distance involved.

The newspaper spoke to the Chief Executive of Young Minds, Sarah Brennan, who was very worried by the concerns raised by the parents in regard to the care of their children. The article also highlighting her comments about the need for ‘young people and their families (to) have clear and enforceable rights’. In response to these concerns, the charities have launched a new charter and campaign to help protect the rights of children in mental health facilities. This has been called Always and includes a petition, which the report noted is asking the government to ‘strength and enforce’ these rights.

The chief executive of the National Autistic Society, Mark Lever, was also reported as saying that ‘Care and support should always be built around each child’. And with mental health services for young people in the media spotlight recently, this is a timely reminder of the difficulties faced.
Very premature babies at risk of mental health problems – research

The Guardian also reported on the publication of a comprehensive review of research into the impact of very low birth weight (one kilogram or less) on mental health in childhood and later as an adult.

It was reported that the review, which looked at 41 studies conducted over a twenty-six year period, found that children in this category were more likely to have problems with attention disorders and social difficulties.

And then in adulthood, were more likely to be shy and have an increased risk of developing anxiety and depression, when compared to their normal birth weight peers. This data included 13,000 children across 12 countries. The review of evidence that was led by Karen Mathewson was published in the journal Psychological Bulletin, and follows similar findings found in individual studies.

It is also thought that while medical professionals often routinely look out for the physical problems encountered by children amongst this group, mental health difficulties are rarely monitored. The article also highlighted how even less research has been conducted on the impact that very low birth weight has on the mental health of individuals when they reach adulthood. And although findings suggest that potential problems are by no means a certainty, further research is clearly needed.

Commenting on the work, Professor Dieter Wolke at the University of Warwick, was quoted as saying that while ‘It was important to note that a third to a half of the children will grow up without any of these mental health problems’ that this research still shows how ‘extremely low birth weight children and their families need more support to deal with, or to reduce, the adverse effects of ADHD, anxiety and social problems that affect their schooling, being part of their peer group, and being socially integrated’.

To read the full scientific review, please click here.

Good news for cat owners: Study finds they aren’t at greater risk of mental health problems

The Daily Mail and many other news publications also reported on new findings from a study that looked into the association between the parasite Toxoplasma and disease.

The author of the article, Victoria Allen highlighted how previous research had suggested that cat owners could develop mental health problems such as...
depression, and were even at a greatly increased risk of suicide, if they became infected with the parasite *Toxoplasma gondii*, which is widely carried by felines.

However, the new research led by Dr Francesca Solmi and her colleagues at University College London (UCL), which looked at nearly 5,000 children and young adults, found no evidence for this link. The study therefore gives reassurance to millions of cat owners across the world. But the scientists were keen to stress that pregnant women should remain cautious, as the infection is still a serious problem for the unborn child.

The research was published in the journal *Psychological Medicine*. To view a summary of the paper please click [here](#).

### Are we thinking about depression all wrong?

Whilst the *Telegraph* published a thoughtful article on depression, in which Anna Magee reviewed the current state of the field, highlighting new thinking around the role of inflammation and the immune system in the condition, and reassessment of the importance of serotonin levels in its aetiology.

The article highlighted how many experts now view the condition very differently from the past, with for example, Dr Kelly Brogan a psychiatrist from New York stating that ‘Depression is often an inflammatory condition’.

The report’s author noting that ‘Such an argument challenges traditional ideas of depression as a genetic illness, suggesting instead that our experiences and environments could play more of a role than we thought’. It will be interesting to see how this new knowledge feeds into practice and whether this leads to the development of more effective treatments. After years of apparent inertia in the field, will we finally see the emergence of the promised breakthroughs? Only time will tell.

**The Mental Elf** ([www.nationalelfservice.net/elf/mental](http://www.nationalelfservice.net/elf/mental))

The Mental Elf has again been busy finding and reviewing new research. In this section we pick out some of the highlights …

### Early life deprevation, neurodevelopment, mental health and resilience: ERA study

In this article, Andre Tomlin reviewed the latest research data to come out of the English and Romanian Adoptee (ERA) Project, which is a longitudinal, multi-method investigation that was originally led by Professor Michael Rutter and colleagues (2007).
The new research conducted by Professor Edmund Sonuga-Barte and colleagues at the University of Southampton, looked at early life deprivation and found that this can also have an impact on mental health in adulthood.

Click here to read the article in full.

The role of pets in supporting people living with mental distress

In this article, Alison Faulkner reviewed a new research paper that has been published in BMC Psychiatry.

The author, a self-confessed animal-lover and cat owner herself, highlighted how the study conducted by Manchester University, has found that pets can often have a profound and largely positive affect on owners with mental health problems, and although confirming earlier studies, this new data suggests that the significance of these benefits may have been underestimated in the past.

Although the research did highlight potential negatives, such as stress due to the responsibilities of looking after a pet and anxiety when the animal passes away. However, this work potentially points the way for the development of new preventative and treatment strategies based around pet ownership. This was a good week for pet owners, closely following research that found no evidence of a link between Toxoplasma and mental health, as reported earlier.

To read the full article, please click here.

Other highlights include:

Omega-3 fatty acids to prevent psychosis: the importance of replication (NEURAPRO trial)
Click here to read the article.

Gamification for health and wellbeing
Click here to read the article.

Thank you for reading our Public Involvement in Research bulletin! Please do send in suggestions for articles or news to include to thomaskabir@mcpin.org It was produced by McPin Foundation, registered charity 1117336. Find out more about us at www.mcpin.org