This is the ninth 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](mailto:contact@mcpin.org). You can email us at [contact@mcpin.org](mailto: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](mailto:contact@mcpin.org) or go to [www.mcpin.org](http://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.
Senior Communications and Policy Officer

We are looking for an experienced communications and policy professional to join our team to help us transform mental health research.

They will be responsible for ensuring that our work and message has the maximum impact with researchers, policy makers and the public. The successful candidate will be able to work both independently and as part of a small team, including supporting colleagues to develop their own communication and influencing skills. They will be comfortable translating complex ideas and data for a range of audiences, and using it to influence decision makers at all levels. Most important they will be passionate about using their skills to help us improve the lives of people affected by mental health problems through research.

Applications close at 09.00 on 17 July, and interviews are likely to be in week beginning 24 July.

Send completed application and equal opportunities monitoring forms to: contact@mcpin.org.

Please use the following links to access the application form and other documents for this position.

All documents are available online (or go to www.mcpin.org).

Job Description
Application Form
Equal Opportunities Monitoring Form
Guidance on our approach to lived experience of mental health problems for job applicants
Trauma Informed Approaches

You are warmly invited to this public talk and discussion by the internationally renowned Beth Filson, National Center for Trauma-Informed Care & Alternatives to Seclusion and Restraint, University of Iowa

2.30-4.30pm Tuesday, July 11th, 2017. The McPin Foundation, 32-36 Loman St, SE1 0EH

Beth Filson is an inspiring writer, educator, and self-taught artist. Trauma Informed Approaches shift underlying assumptions about what brings people into services, and what they need as a result. This presentation and discussion will explore the progress being made in the U.S. and the UK to integrate Trauma Informed Approaches in mental health services.

If you would like to come please RSVP by emailing Megan Dalton at contact@mcpin.org or phone 0207 922 7877. Unfortunately, we are unable to cover any travel expenses for this event.
Involvement Opportunities

National Standards for Public Involvement in Research

Our consultation is now open and will run from 29 June 2017 until 01 September 2017

Over the past year, we have developed and drafted a set of 6 core standards and indicators for public involvement in research. Find out more about the project.

The draft standards are built on a comprehensive body of work initiated and carried out by others. Core documents can be accessed from the Resources section of the project website and key milestones in our work are reported in Work in Progress.

We now invite and welcome the involvement of as wide a range of interested groups, organisations and individuals as possible, to help us review and improve the draft standards and indicators.

We are using an online survey to collect feedback – https://www.surveymonkey.co.uk/r/PIStandards.

Individuals and/or groups are welcome to respond. For group responses we suggest that the discussion chair or other nominated person submits the response on their behalf.

You may find it helpful to download some or all of the following documents before you respond to the survey:

- Copy of the online survey
- Draft Public Involvement Standards
- Guidance and slide set for use with consultation events and conversations

If you require assistance with any aspect of the survey please contact the NIHR PI team ccppi@nihr.ac.uk
The following opportunities originally appeared on the People in Research website (www.peopleinresearch.org). To view full details of the opportunity, click here.

Mental Health Research in Hull and East Yorkshire

**University of Hull:** We are researchers from the Faculty of Health and the wider University, along with clinicians from the local NHS. We want to form a busy inter-agency group of people interested in promoting mental health research.

We are looking for members of the public to help us design relevant useful research in mental health. **For more information, please visit:** [Hull psychology](Hull psychology)

**Project details:** A group of researchers and clinicians from the University of Hull and the NHS in Hull and East Yorkshire is getting together to try to get more local research into mental health. We want to draft some winning bids to get research funds and we need help from patients, carers and interested members of the public to do this. You don’t have to have any research experience, and at this stage we are just looking for expressions of interest; you are not committing yourself! Because we want to recruit people who will be able to regularly join in working groups and meetings, and who know the local area, we are at this stage ideally just looking for people who live in Hull and East Yorkshire.

**Contact:** For further information please email or speak to Dr Kim Dent-Brown (k.dent-brown@hull.ac.uk or 01482 462021)
Acupuncture in the Treatment of Schizophrenia

London South Bank University: The project is being led by LSBU and is comprised of colleagues with significant expertise from the UK and The Netherlands, including one person who has experience as a service user in this field.

Researchers are planning a study on acupuncture for the symptoms of schizophrenia and side-effects of antipsychotics. For further details please see: London South Bank University.

Project details: There is some good evidence that acupuncture can help with the symptoms of schizophrenia and side-effects of antipsychotic medication. Few studies have been conducted outside of China. We have conducted small pilot studies in the UK and Germany with positive results. We are now planning a large scale study preceded by a feasibility study and are seeking help from people with a diagnosis of schizophrenia, and carers with experience in this field, to plan and monitor the study.

We would like help with things such as:

- How best to tell people about this study
- How to explain acupuncture to service users, carers and clinicians
- What sort of questions we should ask
- How to ask questions or gather data

Contact: For further information please email or speak to Dr Patricia Ronan (ronanp@lsbu.ac.uk or 07903054699)
Your information will protect the health of the nation

HealthWise Wales is a research study aiming to develop better treatments and manage long term health conditions such as heart disease, dementia, diabetes, mental health and cancer. If you’re over 16 and live in Wales, we need your help. Whether you’re young or old, fit or unwell, by registering online you will be asked to answer simple questions about your health and lifestyle every six months. The information you provide will help the NHS in Wales plan for the future and will protect the health of the nation. This is your opportunity to be part of shaping the health and well being of future generations in Wales.

Register or find out more: www.healthwisewales.gov.wales

This project is led by Cardiff University, in partnership with Swansea University and funded by the Welsh Government.
Postgraduate Opportunities

Ulster University
Faculty of Computing and Engineering

PhD Studentship: Machine Learning of Big Data to Discover Mental Health Behaviour Patterns

Closing date: 23rd July 2017

Project description: The work undertaken in this interdisciplinary PhD project between the Computer Science Research Institute and Psychology Research Institute will primarily involve data analysis and mining of call data from helpline charities, but will also explore other related open and geo-located data and apply novel machine learning approaches to discover spatio-temporal patterns and other patterns that can be used to inform policy for government and charities that, for example, offer helpline services and other interventions.

Eligibility: Candidates should have ordinary UK residence to be eligible for both fees and maintenance. Non UK residents who hold ordinary EU residence may also apply but if successful will receive fees only. All applicants should hold a first or upper second class honours degree in Computer Science or a cognate area.

Funding: The studentship will comprise fees together with an annual stipend of £14,553 and will be awarded for a period of up to three years subject to satisfactory progress.

Contact details: Prof Maurice Mulvenna (md.mulvenna@ulster.ac.uk)

For more information, click here.
University of Hertfordshire

MSc Mental Health Recovery and Social Inclusion (online)

Closing date: Monday 24 July 2017

Description: Recovery is an innovative and empowering approach to working with and alongside people experiencing mental distress and illness. It is an approach that has gained great credence with service users, agencies and staff in recent years.

This fully online part-time course will provide you with the knowledge and skills to make a difference to mental health recovery and social inclusion. You will develop the skills to work directly with, develop policies and manage mental health work to aid the recovery and social inclusion of people experiencing mental distress. You will also develop an international understanding of processes and developments in the recovery and social inclusion.

Eligibility: Applicants must have lived experience of mental distress

Funding notes: The scholarship will cover all the MSc fees and there would be an expectation that the programme would be completed within three years of initial registration. It will not cover re-enrolment on the module following a failed module, those fees would have to be paid for by the student.

Contact: Dr Audrey Kempson (a.kempson@herts.ac.uk)

For more information about the scholarship, click here. For more information about the course, click here.
Participation Opportunities

Perceptions of Service User Involvement in Mental Health Research Development

Background: This research project is part of a Psychology Masters dissertation taking place at the University of Chester.

Project aims: Service User Involvement (SUI) in mental health research development is an important topic that has not been widely researched from the perspective of the service user. Generally, mental health researchers view SUI as positive but we are interested in exploring your views and experiences of being involved in research processes from the perspective of the service user (a person who has used mental health services in any capacity before).

Involvement: If you decide to take part, you will have a conversation with the researcher either via e-mail or telephone to discuss the study in more detail. Here, we will explain the exact nature of the research, explaining our reasons for conducting this study and answering any questions you may have.

Following this, we will arrange to speak with you again either:

- Face to face at a location convenient to you
- Over the telephone
- Via email

We will then conduct the main part of the study, which is an interview, lasting about 30 minutes, which will ask you some questions about your experiences of being involved in the research process.

Ethical approval: This study has been considered and approved by the Department of Psychology ethics committee at The University of Chester.

Further information: Please contact Rebecca McIntyre (1623460@chester.ac.uk) the researcher, or her supervisor Janine Carroll (j.carroll@chester.ac.uk).
NIHR ‘Health Future’: 20 Year Forward View

The NIHR are inviting your views on what health challenges in England will be like in 20-30 years’ time, and how they will differ from today. The purpose of this project is to inform the NIHR’s strategic thinking and ensure our view of future health and healthcare (including social care and public health) incorporates diverse perspectives, from a broad range of experts from around the country, including those of patient and public representatives. Below is a screenshot from the survey which has more information about the study.

To access the full survey click [here](#)

Help with our research

About the study

We are trying to understand why some people experience problems with their mental health. By comparing information from people who have experienced mental health problems with information from people who have not, we hope to learn more about the factors that may make some people more likely to become unwell than others.

We hope that our study will improve the understanding of mental illness and help find better treatments in the future. If you decide to take part, we will ask you to provide us with some basic information about you and your mental health in order to help us answer these important research questions. We also want to identify people who would be willing to be approached about taking part in further mental health research projects.

We need as many people as possible to take part – wherever you live, whether you’ve experienced a mental illness or not. If you are happy to take part in this study please visit our [online survey platform](#) to get started.

For more information please visit [www.ncmh.info/help-with-research/online-study](http://www.ncmh.info/help-with-research/online-study)
This research is being conducted by the LGBT Mental Health Research Group at the Institute of Psychiatry, Psychology and Neuroscience at King's College London. Participants are being recruited to take part in studies on stigma and mental health in the lesbian, gay, bisexual and transgender (LGBT+) community. We are looking for UK University and College students who identify as a sexual and/or gender minority, i.e. gay, lesbian, bisexual, pansexual, queer, transgender, nonbinary, fluid etc.

We currently have two studies.

1. This is an online study. The objective of this study is to look at the effects of the stress associated with being a gender and/or sexual minority on mental health. Specifically, we want to examine people’s beliefs about their sexual orientation or gender identity, their thought processes and stress coping strategies and how these come to affect mental health.

Click [here](#) or read the [Information Sheet](#) for more details

2. This study involves a 45-90 minute interview. The objective of this study is to improve our understanding of LGBT+ students’ experiences of mental health problems, LGBT+ stigma and the coping strategies found to be most effective. We hope that this will help us develop new ways of supporting LGBT+ students who are experiencing distress.

Click [here](#) or read the [Information Sheet](#) for more details

For more information about these studies please click [here](#).
Volunteers needed for the Thinking About Mental Illness Recurrence (TAMIR) study

Researchers from the Department of Psychology would like to invite anyone over the age of 18 who has previously experienced a mental health problem to take part in an online research study answering several questionnaires.

It doesn’t matter if you have experienced more than one mental health problem, or if it has been formally diagnosed or not. The questionnaires should take approximately 20 minutes to complete. All responses are anonymous and will be stored safely.

The study is being conducted by Taruna Jamalamadaka, a Trainee Clinical Psychologist at the University of Bath. This project has been approved by the University of Bath Psychology Research Ethics Committee and the Health Research Authority and is being supervised by Professor Paul Salkovskis and Dr Emma Griffith.

Find out more information or participate here. You can also contact the research team at tamir.research@bath.ac.uk

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.
Access to Psychological Therapies: Considerations for Policy and Practice

Report

In each Bulletin we carry adverts for various studies, all asking for volunteers to participate in surveys and/or research. It often takes many months for the data to be collected, and further time before the work is published, and then disseminated to the various stakeholders. We publicised one such study by researchers at the University of Edinburgh, funded by the Wellcome Trust, who asked readers to help fill out their survey. We are therefore delighted to announce that they have now published their results in a report.

We would like to thank the report's author Martyn Pickersgill for updating us on the research and progress, and wish him well in his future endeavours. And of course, many thanks to all those people who took part in the study. A short summary of the key findings can be seen on the next page.
What the study found

Introduction In the report, it was noted that accessing psychological treatments (such as CBT) on the NHS can be problematic and that ‘following referral to a therapy service, individuals are often still unable to access appropriate treatment’.

Findings The report was based on data collected from health professionals (such as clinical psychologists), researchers, patients and mental health advocates.

The interviews conducted with clinical psychologists identified a ‘recurrent theme’, where individuals felt under considerable stress and anxiety, due to a range of issues that included: tight budgets; target culture; long waiting lists; difficulties with the patient inclusion and exclusion criteria; how to deal with issues such as individuals who ‘do not attend’ (DNA) appointments; balancing the needs of the NICE Guidelines with clinical experience in decision making; increasing workloads and burn-out.

Key Questions The overall research that included data from other key stakeholders, generated a number of important questions. The report noting that ‘many of which resist straightforward answers’. These included:

1. How can we ensure the right balance between getting through waiting lists, and working with people for the correct amount of time?
2. What kind of DNA (did not attend) policy is best to enhance access to psychological services for people who would benefit from them?
3. How tight or relaxed should inclusion and exclusion criteria be for psychological services?
4. What are the most important issues to consider when planning a new psychological therapy service?
5. How can clinical psychologists ensure that patients are ready for therapy, whilst also ensuring that a lack of readiness does not preclude some kind of intervention?

Afterword The report highlighted how clinical psychologists faced considerable challenges in regard to patient access and care, and that ‘There is no “one size fits all” model to psychological services’. Here the author also questions ‘whether ambitious and highly-defined national targets for enhancing patient access to therapy’ may actually be negatively impacting on patient care, in which ‘short-term gains are being made at the expense of long-term improvements to public mental health’.

The author notes that the subject is fundamentally ‘an empirical, political and ethical question that will not be straightforward to address’. The report further states that ‘it is essential that laudable attempts to improve access to therapy are carefully monitored for unintended consequences, and that these consequences are appropriately acknowledged, attended to and managed’.
Antibody mediated psychosis feature on BBC Incredible Medicine: Dr Weston’s Casebook (Episode 6)

A thought-provoking case study of an individual’s experience of antibody mediated psychosis is provided in this BBC documentary. Initially Emily Gavigan was diagnosed with schizophrenia but experienced symptoms which did not fit with the condition.

In particular, she recounts one day where she was not able to walk. Doctors did not understand what was wrong. It was only when was transferred to the University of Pennsylvania where a previous case of NMDA-receptor antibody encephalitis was diagnosed, was she tested for NMDA antibodies and received a positive result. She received a new treatment in which her immune system was supressed and the NMDA antibodies removed. The treatment was successful, and she began to recover.

A short talk by Professor Belinda Lennox is then provided, outlining the results of her study in which almost 10% of a sample of more than 200 people were tested positive for either NMDA antibodies or a similar antibody. She also introduces the SINAPPS study which has the potential to develop new ways of diagnosing and treating those with severe mental illness.

More information about the SINAPPS study can be found on their website: http://www.sinapps.org.uk/

An easy-to-understand review of the study by Professor Lennox can be found on the Mental Elf website.
Shortages of mental health nurses in the NHS

An article by the Guardian reports on the current staffing levels of mental health nurses. Since 2010, there has been a 15% fall in the number of NHS mental health nurses in England. In some parts of London, 20% of vacancies remain unfilled. Part of this is due to an ageing workforce in the UK, with 2013 statistics showing a third of mental health nurses are over the age of 50.

As a result of these shortages, nurses are having to take on higher case loads and correspondingly, patients are not receiving as good care. Highlighting these concerns Neil London and Maudsley NHS foundation trust, was cited saying that NHS trusts are having to hire agency nurses who are not able to have long term relationships with patients.

Is the co-production of mental health centres the future?

The Guardian also ran an interesting story on the co-production of an in-patient mental health centre in Wales by service users and carers. It is the first of its kind in the UK. During a series of meetings over a 3 year period, involving up to 300 people including patients and carers, all aspects of the centre design were influenced, from the policies and procedures of the centre through to the décor and the recovery-focused activities available. In an interview with the centre’s director, Alison Guyatt, the article describes the insight patients contributed to the design of the centre, such as the frustration at the lack of privacy and difficulties accessing fresh air in many hospital settings.

The centre will reportedly lead to NHS savings of £300,000 year-on-year. But the article notes that co-produced innovations are still poorly regarded, with independent evaluations into their effectiveness costing money to conduct, and greater regard for professional judgements over service user insights.
The role of education in young people’s mental health

A new joint inquiry by the Education and Health Committees explores the role of education in children and young people’s mental health. The Committees heard evidence from a wide range of charities, schools, education and health membership associations, individual education and health professionals and many others.

Based on the evidence they received, they make a number of recommendations for the health and education sector. This includes a whole school approach which embeds the promotion of well-being throughout the culture of schools. To enable this, staff should undergo mental health training, while well-being is addressed in the curriculum and parents are engaged on the issue.

In addition, the inquiry heard of the significant variation in the relationship between schools and Child and Adolescent Mental Health Services (CAMHS) in the local area. They argue for the need for more resources to establish greater links between schools and CAMHS. The benefits as well as the adverse impacts of digital technology including social media is also highlighted in the report. They advocate that schools should help young people make informed choices about their use of social media.

The inquiry had to be cut short due to the snap general election in June. The preliminary report can be read here.

Instagram voted worst for young people’s mental health

A BBC article outlines the results of a poll by the Royal Society for Public Health (RSPH) which found that Instagram has the worst impact on young people’s mental health. The study asked young people a series of questions about the impact of popular social media apps on 14 health and well-being issues such as depression, anxiety and body image.

As a result of the findings, the RSPH makes a number of recommendations. This includes for social media apps to have a pop-up warning when a user has been online for a long time. This recommendation was supported by 70% of respondents. However, the article also notes that social media can have a positive role, for example, with self-expression.

The full report by RSPH can be read here and a web page introducing the study can be seen here.
Exercising during and after pregnancy reduces the risk of postnatal depression

The Daily Mail reports on new research published in the journal Birth, which suggests that mothers who exercise (such as walking, Pilates and yoga) following child birth, can help reduce their risk of developing postnatal depression.

This mirrors similar findings from other mental health research that has highlighted the benefits of exercise for helping to reduce the risk or alleviate the symptoms of conditions such as anxiety and depression in the general population.

But one of the main authors sounded a note of caution, with the newspaper citing Ms Alvarez-Bueno, that ‘It remains unanswered how these characteristics improve postnatal depression prevention’ and that ‘More research addressing this issue is urgently necessary because of the influence on both the mother and child’.

To read the abstract of the original paper published in the journal Birth, please click here.

Smoking ban in psychiatric hospital led to drop in violent assaults

A study published in the British Medical Journal (BMJ) has found that the introduction of a smoking ban at one of London’s leading mental health centres led to a drop in violent assaults.

The research conducted at the South London and Maudsley NHS Foundation Trust, goes against widely held assumptions that introducing such a ban would lead to an increase in behavioural problems. The BMJ article can be found here.

US Mental health agency’s push for basic research has slashed support for clinical trials

An article published in the science journal Nature reports on the findings of a survey they conducted, which found that ‘the number of clinical trials funded by the NIMH dropped by 45% between 2009 and 2015’.
This coincided with the NIMH’s call for researchers to focus on the ‘biological bases of behaviours – such as brain circuitry and genetics’. A policy that they pursued through the introduction of specific Research Domain Criteria (RDoC). This approach, which has come in for strong criticism, moves away from using the more traditional clinical diagnoses found in the current DSM-5 handbook, towards a more behavioural and biological driven classification system. The change was instigated to speed up developments in mental health research, which is widely seen as lagging behind other fields, such as cancer care and treatment. And although many professionals support these objectives, clinical researchers remain sceptical about this new approach.

Whilst this data raises some serious questions, the jury is still out on whether the introduction by the NIMH of this new approach is a positive development or hindrance to future research. To read the article in full, please click here.

Review paper: Bringing trauma-informed approaches to the UK

Angela Sweeney, Beth Filson, Sarah Clement (all trauma survivors) and Angela Kennedy (who has worked to bring trauma-informed approaches to her Trust for over a decade) have recently collaborated on a paper which explores trauma-informed approaches in the UK. The paper was produced as part of the APTT study which aims to understand and improve talking therapy assessments. Trauma informed approaches (TIAs) are based on the understanding that most people in contact with human services have experienced trauma, leading to a fundamental shift in service relationships, organisation and delivery. Despite TIAs receiving increasing global attention, awareness of these approaches in the UK is minimal.

In the paper, they conclude that trauma survivors have a pivotal role to play in bringing trauma-informed approaches to the UK. This is because, “We live the impact of trauma everyday. We understand its devastating effects, the damage inflicted by the current mental health system, the need for mutual relationships based on safety and cooperation, the need for personal control, and the vital support of peers. In bringing TIAs to the UK, we need survivor leaders and champions advocating for values-based system change with passion and commitment. Our hope is that this vision will become a reality and that this discussion paper will have contributed to this”.

You can read and download the full paper here: http://www.emeraldinsight.com/doi/full/10.1108/MHRJ-01-2015-0006

The McPin Foundation is hosting a public talk and discussion about this work on July 11th. For further details please see p4 of this Bulletin.
US study claims that cognitive test could detect Alzheimer’s disease years before symptoms develop

The Daily Express reported on research findings from a meta-analysis (review of many studies) by scientists from the University of Southern California, which was published in Neuropsychology Review.

The researchers suggest that a simple cognitive test taken by people in their 50s could be used as a base line, from which later tests could reveal cognitive decline, and therefore be able, in theory, to detect Alzheimer’s disease much earlier.

The researchers argue that although there is no cure for the condition at present, early detection could help medical professionals prevent further deterioration of an individual’s cognitive abilities, thus the earlier this is detected in someone the better chance they have of maintaining these skills. However, other commentators raise ethical concerns in regard to introducing a test that may identify individuals at risk of developing the condition, but for which currently there are limited treatments. Thus potentially leaving individuals to worry for years about something that they may not be able to do anything about. To see the abstract of their original paper, please click here.

The Mental Elf (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 …

Perinatal mental health issues among fathers

An interesting review on the much less talked about issue of fatherhood perinatal mental health issues, written by Andre Tomlin who has lived experience of the issue. The key paper under discussion is a qualitative study by Darwin et al. (2017).

The study carried out in-depth interviews with 19 men aged 25 – 44 years old, 5 – 10 months after the birth of their child. A number of common themes were identified from the interviews. This includes a focus on their partners’ well-being ahead of their own, exclusion from support services and a strong desire to play a ‘protector’ role. Some insightful quotes from the interviews are provided in the review as well as a highly personal account of Tomlin’s own experience of perinatal mental health issues.
Exercise and iCBT as alternative treatments for depression?

In this review, Bethan Davies looks at a study which compares the impact of exercise and iCBT on the symptoms of depression, in comparison to usual care. Participants who had moderate depression were randomly allocated to three main groups: exercise groups of varying intensities, an iCBT group or to undergo their usual care for depression (which might reflect not receiving any specialist help at all).

The iCBT group for this study consisted of an online self-help manual which participants were meant to complete, as well as an option to send text messages to an assigned psychologist. The severity of depression was measured before the treatment, 3 months after the treatment and 12 months after the treatment. It found that the severity of depression significantly decreased in all three groups 3 months and 12 months after treatment.

Other Mental Elf highlights include:

The benefits of online interventions for stress

Click here to read the article

Psychotherapies for borderline personality disorder: DBT and psychodynamic approaches do best

Click here to read the article

Mindfulness based therapy: does (home) practice make perfect?

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