

Summary of Open Studies and Studies in Set Up by Service Area in Berkshire Healthcare for FY2023/24

Older Adult projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Falls and Dancing (Juliane Honisch)	There is some evidence that dance may reduce the number of falls that a person has. However, no one has previously looked at whether dancing with a partner or without a partner has any advantage over receiving general physiotherapy advice for improving strength and balance. We plan to randomly allocate people who recently had a fall to undertake regular movement exercises by either dancing in a group, dancing with a partner or by standard physiotherapy over a period of 12 weeks. We will be measuring muscle strength, balance and confidence in everyday activities and fear of falls before, during and after the start of the project to see which of the various treatments has benefited the patient most.	2022-21	Non Portfolio	31/05/2024
iACT4CARERS (Chris Hopkins)	This study is a large trial testing if internet-delivered self-help Acceptance and Commitment Therapy for family carers of people with dementia (iACT4CARERS) is helpful in improving psychological well-being.	23MHSN3 24157	Portfolio	01/08/2025
FAST (PI – Pramod Kumar)	This study is designed to determine the feasibility and acceptability of collecting and analysing blood samples as well as cognitive data relevant to dementia risk from three sources of participants	23MHSN3 01319	Portfolio	24/05/2024

Mental Health projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Bipolar				
IBPI (LC – Emma Donaldson)	We are recruiting paid participants to test how helpful online parenting support is for parents with bipolar disorder	23MHSN309190	Portfolio	01/10/2025

Depression				
Genetic Links to Anxiety and Depression (GLAD) (PI - Dr Amir Zamani)	Kings College London will explore genetic and environmental factors associated with risk for depression and anxiety disorders in the UK, to understand these common disorders and help develop better treatments. The participants will be recruited into an existing biobank, the NIHR BioResource for Translational Research in Common and Rare Diseases, a re-contactable biobank. Our recruitment will help towards forming the largest re-contactable biobank of participants diagnosed with or suffering from two very common disorders, depression and anxiety, who will be primarily recruited through an online platform.	2019-13	Portfolio	01/09/2028
iPOF (PI – Sara Wise)	We aim to find out: how online mental health forums work; why some work better than others; and why some people find them helpful and others do not. Based on what we find, we will work with stakeholders to develop tools to improve the design and support from online mental health forums	2022-26	Portfolio	31/12/2024
Pharmacogenetics (PI – Dr Yousuf Rahimi)	We are researching whether genetic testing is beneficial for people who take antipsychotic medications.	2023-05	Portfolio	30/11/2024
IMPase (PI – Dr Sanjoo Chengappa)	PIC. This study is testing if ebselecan can alter the way that people react to emotional material delivered by a range of computer tasks. We are recruiting healthy participants as a baseline measurement of emotional processing to compare with patients with treatment-resistant depression. Healthy participants do not need to take the medication	23MHSN276211	Portfolio	31/05/2024
Eating Disorders				
Eating Disorders Genetics Initiative (PI- Elma Ramly)	Online questionnaire and saliva sample looking at environmental and biological factors in those with an eating disorder.	2023-08	Portfolio	01/09/2024
Learning Disabilities				
The Experiences of COVID-19 for People with ID and their Supporters (PI – Jon Codd)	The research question is: What are the experiences of people with ID and their relatives, carers, GP's and other health and social care professionals working with them during the COVID-19 pandemic? For relatives, carers, GP's and other health and social care professionals, the follow up aim is to explore how their experiences has impacted their role in caring/supporting the person/people with ID. The aim is to conduct short video interviews (up to 5-15 minute) and focus groups (20-60 mins) with participants (3-4 participants in each group), transcribe interviews verbatim and analyse using thematic analysis.	2022-02	Non Portfolio	31/03/2026

Psychosis

<p>Molecular Genetics of Adverse Drug Reactions (MolGen) (PI- Dr Sharif Ghali)</p>	<p>A biomarker study that aims to define the genetic and non-genetic risk factors predisposing to adverse drug reactions to clozapine.</p>	<p>2013-04</p>	<p>Portfolio</p>	<p>30/04/2026 (Paused)</p>
<p>PPiP2 (PI- Dr Sanjoo Chengappa)</p>	<p>A study that aims to establish the prevalence of pathogenic antibodies in patients with first episode psychosis.</p>	<p>2017-44</p>	<p>Portfolio</p>	<p>30/11/2027</p>
<p>What are the experiences of people from black and minority ethnic groups with a diagnosis of psychosis leading up to their recovery? (Staff project – Ranjan Baruah)</p>	<p>The intent of the study is to learn about patients experiences with a diagnosis of psychosis from different ethnic backgrounds who has attained recovery.</p>	<p>2019-18</p>	<p>Non Portfolio</p>	<p>31/03/2024</p>
<p>STAR (LC – Emma Donaldson)</p>	<p>Our aim is to look at whether a specific talking therapy to help with the extreme psychological aftermath of having experienced a trauma (Post-Traumatic Stress Disorder; PTSD) is effective in people with psychosis (whose symptoms include hearing voices and having unusual beliefs). Many such individuals have had multiple traumatic experiences, both in childhood and adulthood. Around 15% develop PTSD as a result, for instance constantly feeling fearful or on edge, having nightmares and 'flashbacks', where the event is relived in the here and now. Recent small studies, including by our group, have shown that therapies focusing on the trauma can be safe and helpful in people with psychosis symptoms. We aim to find out in a definitive study whether this therapy reduces PTSD and other symptoms, is safe and acceptable, and how much it costs</p>	<p>2022-20</p>	<p>Portfolio</p>	<p>30/11/2024</p>
<p>The Phoenix VR Trial (PI – Nicola Collett)</p>	<p>The purpose of the study is to find out whether people are satisfied with the new VR therapy, if it is easy to use, and whether it may help increase self-confidence. Phase 1 will assess users satisfaction with the VR therapy and Phase 2 is a randomised control trial where users will either use the VR therapy or treatment as usual.</p>	<p>2022-31</p>	<p>Non Portfolio</p>	<p>30/06/2024</p>
<p>PATTERN (PI – Sanjoo Chengappa)</p>	<p>In this study we aim to use two non-invasive devices to measure various physical characteristics (e.g. body composition – fat and muscle mass, heart rate, oxygen levels) in people with and without mental illness. We will evaluate any similarities or differences in the measured physical characteristics across different mental health and physical health diagnoses.</p>	<p>23MHSN281457</p>	<p>Portfolio</p>	<p>31/10/2023 (in follow up)</p>
<p>Reasoning biases and paranoia in the context of personality disorder (PI – Reuben Pearce)</p>	<p>Many people with a diagnosis of psychosis experience paranoid thoughts and this has been widely researched. However other groups, such as those with a diagnosis of personality disorder, also experience paranoid thoughts. We are interested in whether people with a personality disorder diagnosis also exhibit the reasoning bias 'jumping to conclusions' and we predict they will. Understanding what it is that may contribute to the maintenance of</p>	<p>23MHSN315977</p>	<p>Non Portfolio</p>	<p>31/03/2024</p>

	paranoid thoughts may help us target these contributing factors in future treatments and improve outcomes for those experiencing paranoia			
Feeling Safer (PI – Sophie Williams)	Persecutory delusions (inaccurate beliefs that others intend to harm you) are very common in mental health conditions such as schizophrenia. Existing treatments often don't work well enough. This is why we developed the Feeling Safe programme. We recently tested Feeling Safe in a clinical trial with 130 patients with persistent persecutory delusions. The treatment was delivered by clinical psychologists over 20 sessions. Half of people achieved large benefits. Another quarter made moderate gains. The challenge now is to make Feeling Safe widely available. So, we have created a six-month guided online version. A range of mental health workers can support the delivery of the treatment. The new programme is called Feeling Safer.	23MHSN330744	Portfolio	30/01/2026
PTSD				
Does a phased approach enhance outcomes for CT-PTSD for Complex PTSD? (PI – Deborah Lee)	The study will compare the delivery of Trauma-Focused Cognitive Therapy (TF-CT) with and without a phased element. In one group, the treatment involves the immediate provision of the CT-PTSD protocol, which is adapted individually to each patient, and in the other group CT-PTSD is provided after 8 sessions of compassionate resilience training (phased CT-PTSD). The study will consider whether both approaches work equally well or whether there are advantages in providing a phased approach, or a non-phased approach for some groups of patients.	2023-11	Portfolio	28/02/2026
Change mechanisms within a Compassionate Resilience Group for Complex Post-Traumatic Stress Disorder (PI – Dot King)	Our goal is to find out if the group therapy called Compassionate Resilience Group CRG is an effective treatment for people with Complex PTSD (CPTSD) and how it can help reduce shame and improve self-compassion, social safeness and HRV. This study will improve treatments for people with CPTSD and help them lead happier and healthier lives	23MHSN325647	Non Portfolio	15/07/2024
Personality Disorders				
Study of psychological staff team decision making regarding risk (PI – Shazia Hussain and Chloe Forster)	The study's objective is to develop a theoretical framework of understanding how psychological clinicians make team decisions around client risk; identifying clinical and non-clinical factors considered during the decision-making process within specialist psychological therapy teams working with EUPD.	23MHSN321366	Non Portfolio	29/04/2024
Suicide				
National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH) (PI – Louis Appleby)	Establishing and regulating working practices for safeguarding the receipt, disclosure and holding of identifiable patient information	2018-38	Portfolio	31/03/2027

IAPT (Talking Therapies)				
Prolonged Grief Study (LC – Grace Jell)	(PIC) Prolonged Grief Disorder is a newly recognised mental health problem arising after a bereavement. This study is investigating the acceptability of a new cognitive therapy programme for PGD to bereaved adults. The study involves working through the therapy programme online via computer or smartphone app, with guidance from a therapist via secure messaging and telephone/video calls, for three months.	23MHSN311815	Portfolio	31/05/2027
Therapeutic Communities				
An Exploration into Therapeutic Community Experiences (LC – Natasha Berthollier)	The current project aims to understand current and former members' experiences of these modified 'fusion' Therapeutic Communities situated within the National Health Service (NHS)	23MHSN323693	Non Portfolio	30/09/2024

Children and Young People (CYP) projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Intensive Community Treatment as an alternative to inpatient admission (Hannah Wilkinson)	Berkshire CAMHS is offering a new Day Care, Community and Intensive Home Treatment Service as an alternative to in-patient hospital care. Our research study aims to find out what young people and their parents/ carers think about the Service.	2021-39	Non Portfolio	30/06/2024
Ways to Wellbeing (PI – Pauline Peters)	This study aims to examine if lifestyle factors, including diet, sleep, and physical activity, are associated with psychological distress and wellbeing in children and young people. This will help inform treatment and service delivery directions, especially within the local and regional contexts.	2022-11	Non Portfolio	01/01/2024 (to be extended)
Targeting Self-Cognitions in Adolescents with Paranoia (PI – Alice Farrington)	This study aims to examine for the first time the role of negative and positive thoughts about the self (self-cognitions) in the occurrence of state paranoia in adolescents using an experimental design known as a causal interventionist paradigm	23MHSN3 26269	Non Portfolio	30/09/2024
The Anhedonia Scale for Adolescents (ASA) (LC – Nima Leffler)	The aim of the study is to help better understand the way in which we measure anhedonia in adolescents and whether more focus needs to be on this feature when assessing and treating depression in adolescents.	23CYPFLD N249848	Non Portfolio	04/06/2024

Physical Health Service projects				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Diabetes service				
ADDRESS II (PI – Emma Bingham)	The project aims to establish a support system to facilitate future research into type 1 diabetes. The system will consist of a database of individuals with new-onset type 1 diabetes and their siblings who will have consented to be contacted by the study team about future diabetes research. Some participants will have agreed to provide in addition a blood sample for DNA and specific antibody tests.	2020-37	Portfolio	30/04/2024
EQUIP D (PI – Emma Bingham)	The purpose of this study is to explore how people engage with, and respond to, the National Diabetes Audit Quality Improvement Collaborative. To achieve this, the study will interview both people who are involved with the Collaborative and people who have not yet joined.	23CPHSN318824	Portfolio	01/07/2024
Stroke				
INSPIRES-2 (PI – Lisa Ellis)	This study will test whether the Sleepio programme improves sleep quality after stroke in comparison to usual care	23CPHSN306291	Non Portfolio	31/12/2024
Tissue Viability				
Silver II (PI – Stacey Evans Charles)	Commercial. This is a Post Market Clinical Follow Up Study and the performance data from this study aims to show successful improvement in the signs and symptoms of infection, without re-infection during 6-week treatment and follow up period in certain wound types. It also aims to show product safety, wound healing progression, decrease in participant pain and clinician satisfaction with the Silver II Non-Woven Dressing.	2022-10	Portfolio	31/07/2024

Non-health related studies				
Study title and lead	Summary	Reference	Portfolio Status	Study end date
Staff				
Religious identities in healthcare groups (Academic Project, PhD – Nicole Abela)	A survey to investigate how the religious identities of medical professionals working for the NHS influence group mood, performance and satisfaction and understand the religious and professional identities of medical professionals and how they are negotiated and interact with each other within the context of the NHS	2022-33	Non Portfolio	15/03/2024
Restorative Just Culture interventions (Kristina Brown)	The purpose of the study is to better understand the implementation and effectiveness of restorative just culture interventions in NHS Trusts and any barriers and enablers encountered in this process.	23TWON331402	Non Portfolio	31/08/2024

