



## Sussex Psychosis Research interest Group (SPRiG)



### Theme lead

Professor Kathy Greenwood, Professor of Psychology, University of Sussex Partnership Foundation Trust  
Clinical Research Fellow & Consultant Clinical Psychologist, Chair of the Psychosis Clinical Academic Group and research lead for the Digital Board. Sussex Partnership NHS Foundation Trust

### Areas of interest

Our research aims to have direct implications for future client care and service delivery such as new or improved therapeutic interventions to help people who experience psychosis.

### Theme objectives

SPRiG is a joint venture from the University of Sussex, Sussex Partnership NHS Foundation Trust and Brighton and Sussex Medical School. Our research group comprises mental health professionals, researchers, mental health service users, carers, and students. Our research explores understandings of the experience of psychosis. We aim to translate our research into meaningful health and well-being benefits for people who experience psychosis, their families and carers. We also aim to enhance knowledge and understandings of psychosis in the general public including young people, challenge stigma and promote positive attitudes towards help-seeking.

### Research

**EYE-2: Large scale trial of a model to engage people in EiP services** with the aim of improving services for people who have a first episode of psychosis so that more people want to stay with the service. (following on from the EYE feasibility study which started in 2011) (Prof Kathy Greenwood)

### **PREFER: PATIENT PREFERENCES FOR VOICE-HEARING THERAPIES**

This is a large national survey with patients who hear voices. We are asking patients to tell us about their therapy preferences. (Prof Kathy Greenwood)

### **COVID-19 and Unusual Experiences**

An online survey investigating the impact of COVID-19 on unusual experiences.

**PRODIGY: Prevention of long term social disability amongst young people with emerging psychological difficulties**

A definitive randomised control trial of social recovery cognitive behavioural therapy.  
(Prof David Fowler)

**SlowMo:** A digital therapy for people who fear harm from others (Prof Kathy Greenwood)

**U&I:** uptake and implementation of CBT for unusual distressing experiences (psychosis) (Prof Kathy Greenwood)

**M4V: Mindfulness for Voices (M4V)**

Exploring the effectiveness of a psychological intervention that uses mindfulness meditation within group based therapy to help people diagnosed with schizophrenia who hear voices. (Dr Leanne Bogen-Johnston)

**STEPWISE:** A four-year national study looking to help people who gain weight due to anti-psychotic medication.

**C4C:** Caring for carers (Dr Cassie Hazel)

**UNICorN:** Unusual experiences and function in young people (Dr Abigail Wright)

Peoples' journeys with voice hearing over time (Dr Leanne Bogen-Johnston)

**Vista:** Voice-hearing in young people: distress factors and social relating (Aikaterini Rammou)

**Associated weblinks**

There is a SPRiG web site at [www.sussex.ac.uk/spriglab](http://www.sussex.ac.uk/spriglab)

Eye-2 Research Project: <https://www.sussex.ac.uk/research/projects/eye-2/>

**Key publications**

See a full list of publications here: <https://profiles.sussex.ac.uk/p86134-kathryn-greenwood/publications>

**Brain Structural Correlates of Metacognition in First-Episode Psychosis**

10 Apr 2020 Schizophrenia Bulletin 46(3):552-561

Alkan E, Davies G, Greenwood K, Evans SLH

**Increasing access to CBT for psychosis patients: A feasibility, randomised controlled trial evaluating brief, targeted CBT for distressing voices delivered by assistant psychologists (GiVE2)**

1 Apr 2020 Trials 21(1) Hayward M, Berry C, Cameron B, Arnold K, Berry K...9 more

**Cognitive and metacognitive factors predict engagement in employment in individuals with first episode psychosis**

1 Mar 2020 Schizophrenia Research: Cognition19

Wright AC, Mueser KT, McGurk SR, Fowler D, Greenwood KE

**Structured lifestyle education for people with schizophrenia, schizoaffective disorder and first-episode psychosis (STEPWISE): Randomised controlled trial**

1 Feb 2019 British Journal of Psychiatry 214(2):63-73

Holt RIG, Gossage-Worrall R, Hind D, Bradburn MJ, McCrone P...22 more

**Contact details:**

We run fortnightly informal lab meetings to discuss key topics, new ideas and projects in psychosis research. We also run a monthly open seminar series for clinicians, service users, carers, academics and students. If you would be interested in joining us, get in touch via social media or email.

For more information about the theme please contact Kathy Greenwood at  
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