

Mood and anxiety research in Sussex (MARS)

Theme lead



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Areas of interest

MARS is a working collaboration between **Sussex Partnership NHS Foundation Trust (SPFT)**, **University of Sussex** and **Brighton and Sussex Medical School (BSMS)**. This research theme includes research looking at the role of mood in mental health and wellbeing. It encompasses research into a variety of mental health conditions, including bipolar, affective and anxiety conditions. The types of studies possible within the theme include investigations into assessment methods, the development and evaluation of interventions, service user and carer experience and involvement, and the development of theory relevant to any of the above conditions.

Theme objectives

- Facilitating collaboration between University of Sussex, BSMS and SPFT researchers interested in mood and anxiety research.
- 2. Increasing the number of high quality, funded mood and anxiety research studies.
- 3. Translating research into practice and training, through collaboration with clinicians and service users interested in research. The [MARS Clinical Academic Group \(CAG\)](#) works to recommend evidence-based care and interventions for mood and anxiety conditions and has developed a menu of evidence-based options for OCD, bipolar disorder and depression.
- 4. Raising the profile of mood research in Sussex, by increasing the number of peer-reviewed publications in mood and anxiety research.

Research

Lightmind: Self-help support for depression (Dr Clara Strauss)

A feasibility study of **mindfulness-based cognitive therapy adapted for OCD (Mind4OCD)** (Dr Clara Strauss)

Cardiac control of fear in the brain (BraveHeart) (Professor Hugo Critchley)

Mindfulness-based interventions for people diagnosed with 'Emotionally Unstable Personality Disorder' (Alison Roberts)

Developing and validating a new measure of compassion (Jenny Gu)

The Restless Mind: Default mode of operation or risk factor for health (Professor Hugo Critchley)

Associated weblinks

[Mood and Anxiety Research in Sussex](#)

[MARS Clinical Academic Group \(CAG\)](#)

Key publications

Approaching Cognitive Behavior Therapy for Generalised Anxiety Disorder from a cognitive process perspective

Colette R. Hirsch, Sarah Beale, Nick Grey and Sheena Liness

(Frontiers in Psychiatry 2019)

Knowing your own heart: Distinguishing interoceptive accuracy from interoceptive awareness. Garfinkel SN, Seth AK, Barrett AB, Suzuki K Critchley HD Biological Psychology 2015; 104:65-74.

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