

Please note that some of our studies have temporarily paused due to COVID-19. Each study will have an icon saying whether it is currently open or paused.

Research studies for people with mental health difficulties and their carers

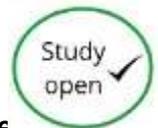
ADAPT: A novel treatment for reducing anxiety in hypermobility (Refinement stage)

Do you experience anxiety?

Do you or did you ever have flexible joints or joint instability?

Can you answer yes to two or more questions below?

- Can you now (or could you ever) place your hands flat on the floor without bending your knees?
- Can you now (or could you ever) bend your thumb to touch your forearm?
- As a child did you amuse your friends by contorting your body into strange shapes *or* could you do the splits?
- As a child or teenager did your shoulder or kneecap dislocate on more than one occasion?
- Do you consider yourself double-jointed?



We are looking for **all adults with lived experience of anxiety, hypermobility** (either answering yes to two or more questions above or with a diagnosis of hypermobility/hEDS/HSD/JHS) to test and compare a new non-drug therapy to reduce anxiety. This would not affect your usual care.

All assessments and therapy will be delivered over phone or online.

For more information please contact Lauren Wilcock,
Email: AskAboutResearch@sussexpartnership.nhs.uk

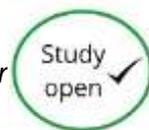
CAP-MEM: Exploring the cause and prevalence of memory problems

We would like to invite you to take part in our research study if:

You are over 16, have mental health, neurodevelopmental or neurodegenerative disorder (such as schizophrenia, bipolar disorder, anxiety disorders, autism or dementia);

OR

You are over 16 and do not have a mental health disorder (your responses would be used in a comparison group).



The study involves completing a short questionnaire about nervous system symptoms such as dizziness. You may also be offered the chance to complete brief memory tests.

If you would like to find out more about the study, contact:

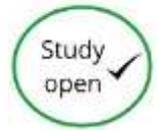
Apri (Aparajita) Pandey

Email: askaboutresearch@sussexpartnership.nhs.uk

DisCOVery: Exploring young people's experiences of the COVID-19 pandemic

We are currently inviting people to take part in a study about their experiences of the COVID-19 pandemic. Taking part would involve completing a survey or an interview or both. We will also be inviting people to complete the same survey/interview once more in the future.

For taking part in the survey there is the opportunity to be entered into a prize draw to win £25 in vouchers. We will offer £5 in vouchers for taking part in the interview.



We are inviting people aged 16 – 35 years old who:

*Are currently accessing support from mental health, well-being, social care or voluntary sector services
and/or*

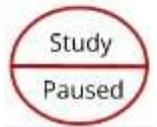
Have been involved with other research projects and given their permission to be contacted about further research studies

If you would like to find out more about the study, contact:

Email: discovery@sussexpartnership.nhs.uk

DPIM: DNA Polymorphisms in Mental Illness

We are trying to find out the causes of mental illness. We intend to study your blood for immune and any other causes of mental illness and to study the DNA in your blood for genetic causes of mental illness. A DNA polymorphism or mutation is a variation in the DNA chemical sequence that someone has inherited from their parents or has occurred spontaneously. The main inclusion criteria include:



- Be aged 18 or over
- Received a clinical diagnosis of either Schizophrenia or Bipolar Affective Disorder
- Healthy control volunteers can take part provided they have no personal or family history of mental illness

If you would like further information or are interested in taking part please contact: Tel: 0300 304 0088

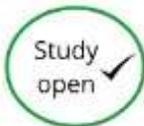
Email: askaboutresearch@sussexpartnership.nhs.uk

EMER: Exploring a new measure of emotion regulation

We are testing a new questionnaire designed to measure how well people manage their emotions. This questionnaire has been designed on the basis of a well-researched and accepted model of 'emotion regulation' but hasn't yet been used with people who have a range of mental health difficulties. We want to collect answers to this questionnaire along with some other relevant information to find out how well it measures the ideas it is intended to measure.

We are asking a wide range of people to complete a number of questionnaires online. We are gathering responses from people who have different mental health difficulties and people without any particular mental health difficulties. Comparing answers between these groups of people will help show how useful the questionnaire is. Participation involves completion of some online questionnaires. These may take up to 20 minutes to complete. The questionnaires will ask you about different aspects of your mental wellbeing as well as more detailed questions about managing your emotions.

Please contact Aparajita (Apri) Pandey for more information:
Email: askaboutresearch@sussexpartnership.nhs.uk



NEON: Narrative Experiences Online

Have you experienced mental health problems?
Are you interested in having access to other people's real-life stories
of mental health issues and recovery?

The NEON Collection is the world's largest collection of real life mental health recovery stories. If you would like to take part in a trial investigating whether accessing these stories helps people with



their own recovery, you can find more information here:
recoverystories.uk

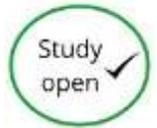
If you are aged 18 + and would like further information please
contact: Tel: 0300 304 0088
Email: askaboutresearch@sussexpartnership.nhs.uk

PREFER: Looking at Talking Therapy Preferences

PREFER is a large national survey asking people who hear voices about their talking therapy preferences - where and when they want to have therapy, who they want to have therapy with, and what they want to change and improve.

If **you are aged 16 years or over and have heard voices for at least 6 months**, we would like to invite you to take part in a one-off survey. This survey will be completed with a researcher, remotely by video call or regular phone call.

The findings will be used to shape services to provide talking therapies that are more in tune with what people actually want.



If you would like further information or are interested in taking part, please contact: Apri (Aparajita) Pandey - 07388 994237
Email: askaboutresearch@sussexpartnership.nhs.uk

Lithium versus Quetiapine in Depression (LQD)

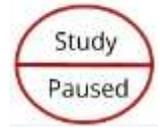
Are you currently taking an antidepressant? Have you found it hasn't fully helped?

We're currently recruiting for a clinical trial comparing two recommended treatments.

If this applies to you or someone you know, contact us for more details:

Guy Emery – 07391 868 638

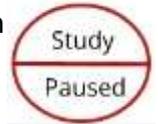
Email: askaboutresearch@sussexpartnership.nhs.uk



Teenagers with Obsessive Compulsive Disorder (OCD)

The purpose of the study is to assess the cognitive profile of juvenile OCD using learning tests. We are looking for people aged 12-19 with OCD to participate in a study about how young people with OCD learn, make decisions and control their actions. The study takes 3 hours and involves a computer learning task, questionnaires and an interview. **Participants will be paid £24 for time, plus travel expenses.**

For more information please contact Leanne Bogen-Johnston askaboutresearch@sussexpartnership.nhs.uk



PROMISE: PRedictors Of MIndfulness-based Self-help Engagement

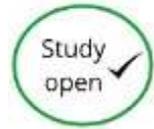
Are You Interested in Learning to Practice Mindfulness?

Researchers at the University of Sussex would like to invite **NHS STAFF in Kent, Surrey and Sussex** to take part in a study investigating the effects of mindfulness mediation, provided by the well-known course, **Headspace**. By taking part in this study you will receive a **free annual subscription to Headspace, worth £71.88!**

“For more information or to participate, follow the link below”:

https://universityofsussex.eu.qualtrics.com/jfe/form/SV_eDrcNT500Dp6Bv

For more information please contact:
askaboutresearch@sussexpartnership.nhs.uk



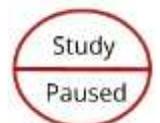
OxyBipolar: An MR imaging study to quantify the brain oxygen metabolic reserve in patients with Bipolar Disorder

The purpose of this study is to determine whether there are changes in brain oxygen, in people with **Bipolar Affective Disorder I**. The human brain is a highly energetic organ and oxygen is vital for our brain to function properly. It is possible that in some people with Bipolar Affective Disorder, the cells of the brain are unable to increase the oxygen consumption when needed. This might cause stress to the brain and contribute to symptoms. This study will involve the administration of a medication called Methylene Blue, that changes oxygen metabolism in the brain, and scanning with Magnetic Resonance Imaging. We hypothesize that in some people with Bipolar Affective Disorder, the cells of the brain are unable to increase the oxygen consumption when needed. This might ultimately lead to abnormalities in brain function and stress to the brain.

We are looking for patients with Bipolar Affective Disorder I to take part in an MRI study to measure changes in brain oxygen metabolism. The study will involve two MRI brain scans and infusion of a medicine called Methylene Blue.

We are recruiting participants between 18 and 60 years of age, who have a documented **Bipolar Affective Disorder I** diagnosis, have had no medication changes within the past 6 weeks & are not currently going through a period of acute low or high mood.

Participants will receive £180 compensation for time, and



travel expenses will be reimbursed.

For further information about this study please contact:

askaboutresearch@sussexpartnership.nhs.uk

STAR - Study of Trauma And Recovery

Have problems related to past trauma?

Hear, see or feel things others can't?

Have worries about being unsafe or persecuted?

*If YES, get in touch to hear about our study of **Trauma Focused Talking Therapy.***

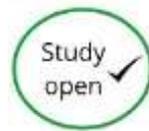
RECRUITING NOW UNTIL 2022

STAR Research Team

Phone: **07393233521**

Email: STARtrial@sussexpartnership.nhs.uk

Website: www.STARtherapytrial.co.uk



Participant Research Experience Survey

Have you taken part in one of our clinical studies/trials? If so, thank you!

We would be grateful if you would complete an anonymous questionnaire about your experience so we can improve our service.

- What was your experience of taking part in research?
- We would like to have your views on what worked and what did not work.

Please fill in our survey, either online: <https://bit.ly/PRES2021> or if you would prefer a paper copy just let us know.

Thank you for giving us your time to provide essential feedback.



Find out more about mental health research by joining our Research Network.

For more information:
<http://www.sussexpartnership.nhs.uk/getting-involved-research-research>

**For more information about any study,
please contact us:**

Tel: 0300 304 0088

Email:

**[AskAboutResearch@sussexpartnership.nhs
.uk](mailto:AskAboutResearch@sussexpartnership.nhs.uk)**

Twitter: @research_SPFT

**Freepost Plus RSUY-BTLR-BXAG
Research & Development Department
Sussex Education Centre, Mill View site,
Nevill Avenue, Hove,
BN3 7HZ**

We also have a number of research studies for people with dementia and their carers. For more information please contact the Dementia Research Unit on **01892 603107** or email: **dementiaresearchunit@sussexpartnership.nhs.uk**

