

Studies currently still running:

SPEAKS: Specialist Psychotherapy with Emotion for Anorexia in Kent and Sussex

We are developing a new intervention for people with Anorexia. We know that the intervention will work best if we can learn from honest accounts from people with experience of anorexia about what has or hasn't helped.

If you are aged over 18 and have personal experience of anorexia, we would really value your thoughts.

Taking part involves coming along to a focus group on 19th July or a meeting with a researcher one-to-one, depending on what you would prefer.

PROMISE: PRedictors Of MIndfulness-based Self-help Engagement

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 this link:

https://universityofsussex.eu.qualtrics.com/jfe/form/SV_eDrcNT50o0Dp6Bv

NEON (Narrative Experiences Online) study: trials of an online intervention

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. Please select **Sussex Partnership NHS Trust** when prompted.

ADAPT: A novel targeted treatment for reducing anxiety in joint hypermobility: a randomised proof of concept study

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 and 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. You will receive therapy sessions in Sussex.

CAP-MEM: Exploring the cause and prevalence of memory problems in people with mental health, neurodevelopmental and neurodegenerative disorders

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 if 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.

GIVE 2: Increasing access to CBT for psychosis patients

A feasibility randomized controlled trial evaluating brief, targeted CBT for distressing voices delivered by Assistant Psychologists.

The National Institute for Health & Care Excellence (NICE) recommends Cognitive Behaviour Therapy (CBT) as one of the best treatments for psychosis. But only 10% of people with psychosis have the chance to receive CBT. CBT is scarce because it can be quite long and needs to be delivered by highly trained therapists. We want to see if a shorter version of CBT that is delivered by therapists with less training will be helpful for people who hear voices.

For more information about any study, please contact us:

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Email: AskAboutResearch@sussexpartnership.nhs.uk

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Freepost Plus RSUY-BTLR-BXAG

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