



# Spectrum Connect

From the Spectrum Centre for Mental Health Research

January 2016

**Happy New Year to you.** We are looking forward to an exciting year here at The Spectrum Centre. We have seen some change over the last few months with the IBPI (Integrated Bipolar Parenting Intervention) and ERP Online (Enhanced Relapse Prevention) projects coming to an end. We will send out updates of the findings of these studies in due course. Many of the research staff working on these studies have moved on to new posts, so we have said sad farewells to Jelena Jovanoska, Liz Stokes, Adam Sawczuk, Martie Griffiths and Johanna Barraclough.

We have two new big projects which started in Autumn 2015. One of these is the **REACT (Relatives Education and Coping Toolkit) Study**, which will evaluate the effectiveness of an online toolkit for supporting relatives (and close friends) of people with psychosis or bipolar disorder. We sent out details of this study to Connect members last week (please see [www.reacttoolkit.co.uk](http://www.reacttoolkit.co.uk) for more details). The other is the **IMPART Study (Implementation of REACT)** which looks at how the REACT support intervention can be applied through healthcare settings across the UK. We have welcomed Sue Flowers and Lizzi Collinge (REACT supporters), Catherine Wintermeyer (REACT Research Assistant) and Victoria Appleton (IMPART Research Associate) to the Spectrum Team.

We also have several post-graduate students associated with Spectrum, carrying out fascinating and valuable studies. Two of these, Laura Hillier (Phd Student) and Graham Simpson-Adkins (Trainee Clinical Psychologist), are currently seeking participants for their research. Please see details of their studies below, and contact the researchers directly if you are interested in participating.

*With best wishes from the Spectrum Team*

**Please see details of Research Participation opportunities below and on page 2**

## **How do young people aged 13-18 understand and manage their own mood when they have a parent who experiences regular mood swings?**

**Study Participants wanted: Parents who experience mood fluctuations, and their children**

I am a Trainee Clinical Psychologist from Lancaster University and I am conducting a research study as part of my doctoral thesis. The purpose of this research is to gain an understanding of how children and young people understand and manage their own mood if they have at least one parent experiencing mood changes. The information may help find out what sort of support young people think they'd benefit from if they are worried about their own mood experiences.

Do you:

- feel that you are someone who experiences sudden or regular changes in your own mood that can last several weeks or months?
- have a child / children aged between 13 and 18 and do you believe they'd like to take part in this study?

If you feel that you meet these criteria and would like to take part, please contact the Principal Researcher, Graham Simpson-Adkins who can be contacted on **07852 518 411** or [simpson1@exchange.lancs.ac.uk](mailto:simpson1@exchange.lancs.ac.uk). Alternatively, please feel free to share this information with anyone you think may be interested in taking part.

Young people who participate will be invited to take part in a raffle. The prize will be a choice of a £50 amazon or iTunes voucher.

## Exploring users' experiences with technology-based mental health treatments

Technology is increasingly being used to support the delivery of treatments for mental health problems. We are interested in speaking to people that have used a technology-based treatment for their mental health in the past six months. This means a mental health treatment that has been provided via a computer, the internet, or perhaps a mobile phone. This research aims to find out more about people's experiences of using this type of treatment.

To do this, we would like to interview people about their experiences of using technology-based treatment. We are offering a £10 voucher for taking part, as a way of thanking participants for their time. Involvement in this study is entirely voluntary, and participants can withdraw at any time.

This project is part of a PhD project by researchers at the Spectrum Centre for Mental Health Research, at Lancaster University. The Chief Investigator of the project is Laura Hillier, a PhD student. The project is being supervised by Professor Fiona Lobban and Professor Steven Jones.

If you are interested in this study, please contact us using the details below. We can discuss the study and whether you are eligible to take part in more detail. Alternatively, if you know someone that might be interested, please pass this information on to them. If you have any questions, please feel free to contact us.

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out online!**



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