



# Spectrum Connect

From the Spectrum Centre for Mental Health Research  
Spring 2016

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out online!



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## Spectrum Co-Directors



Prof  
Steve  
Jones

Prof  
Fiona  
Lobban



**Welcome** to a new issue of the Spectrum Newsletter to old friends and new readers. We hope that this issue will serve as an introduction to the Spectrum Centre and its activities for newcomers, and update those who have known us for some time. We'd like to start sending out our newsletter more frequently so we're looking at ways of making it easier to produce and distribute, predominantly by email. Over the months we'll tell you more about our team and our projects, but in this issue we will concentrate on our new projects and those actively recruiting study participants.

The Spectrum Centre has recently seen significant team changes, with a number of projects coming to an end and new ones starting. We have welcomed to Spectrum several new members of staff, including those working on the REACT and IMPART project teams (see below for details), and two new PhD students. It's great to see new faces in the team, all with a positive commitment to continuing the development of the understanding and psychological treatment of bipolar disorder and other mental health problems. We do hope that you enjoy this issue. There are lots of ways to contact us if you have comments or queries (see left), or if you wish to get involved in our research.

## What does Spectrum do?

**What we do...** We aim to do research across three key areas:

**Understanding** more about the psychology of bipolar disorder, psychosis and related conditions, including how people cope with mood changes

**Development** of psychological interventions from individual therapies to web-based self-help systems

**Implementation** of new evidenced based therapies across the country, informed by service users and the NHS

We have extensive links with other universities and regional NHS services. Our aim is to develop new approaches that are relevant and accessible to service users and their families.

**Who we are...** We are a dedicated team with a broad range of academic, clinical and lived experience of bipolar disorder. (see our 'Meet the team' section below)

**What we are up to...** The team are really busy trying to get The REACT Toolkit online (see next page for more details of REACT)

## Meet The Team...



*Top row (left-right): Lydia Donson, Katerina Panagaki (PhD Students), Zoe Cockshott (Centre Coordinator), Steven Jones (Co-Director), Barbara Mezes (PhD Student), Alyson Dodd (Lecturer), Laura Hillier (PhD Student), Rita Long (Service User Researcher)*

*Bottom Row (left-right): Mahsa Honary (Research Fellow), Guillermo Perez Algorta (Lecturer), Fiona Lobban (Co-Director), Victoria Appleton (Research Associate), Nadia Akers, Catherine Wintermeyer, (Research Assistants).*

**SPECTRUM CONNECT:** Spectrum Connect is your chance to be added to our database so you can receive information about what is going on and find out if you'd like to get more involved. To join Spectrum Connect just go to our website, click on 'Get involved', and then on 'Register now', or contact us (see above left for our contact details).

# Opportunities To Get Involved

## Studies currently looking for participants...

### *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.

Chief Investigator: Laura Hillier- [l.hillier@lancaster.ac.uk](mailto:l.hillier@lancaster.ac.uk) 01524 595161/07548 801695

**The James Lind Alliance (JLA) and Bipolar Priority Setting Partnership** launched a major survey in September 2014, which received thousands of responses. See [www.ouh.nhs.uk/research/patients/priority-setting-partnerships/bipolar/](http://www.ouh.nhs.uk/research/patients/priority-setting-partnerships/bipolar/) (Trouble with this link? Press Ctrl and left click)

In this second stage, they are seeking your views to the top ten research questions for bipolar.

**This survey is open to anybody with experience of bipolar, including friends, family, and mental health professionals**

To take part follow the link above and click on 'Our survey'



## REACT

Relatives Education  
and Coping Toolkit

### What is REACT...

The Relatives Education and Coping Toolkit (REACT) is an exciting new nationwide research study which aims to help relatives or close friends of people with psychosis or bipolar disorder. Funded by The National Institute of Health Research the project will evaluate the effectiveness of a unique online intervention which has been co-designed with relatives, consists of easy to navigate modules, peer support forums and online assistance by our REACT Supporters, Sue and Lizzi, experts by lived experience. If you are currently supporting someone with psychosis or bipolar disorder, aged 16 years or over and living in the UK please visit [www.reacttoolkit.co.uk](http://www.reacttoolkit.co.uk) to find out more or to register for the study.

**Our Advisory Panel...** Meets once every two months at Lancaster University, and aims to ensure that the Centre's work remains relevant to and focused on the people who need it. The activities of the advisory panel are quite varied, and depend upon the different projects being run at the centre at any given time. The panel may review and comment on grant applications, prepare videos for staff training or refine interventions. This ensures that Spectrum's work is continuously shaped by communication between panel members and the research team. For more info just go to our website, click on 'Get involved'.

We are always looking for people who want to work with us to help us make a difference through our research. We reimburse travel costs for attendance at the advisory panel up to £15, as well a 'thank you' £10 Amazon voucher. If you are a service user or relative who would like to contribute to our work then please contact our Service User Lead, Rita Long at [r.long2@lancaster.ac.uk](mailto:r.long2@lancaster.ac.uk)