Research and Development

Placement / Shadowing / Learning Opportunities

This list of opportunities is developed for clinical staff and students wishing to know more about research. The opportunities below can be implemented in practice and whilst students are on placement. The number of opportunities available for staff/students to take part in will be dependent on agreements between ward/service managers, university tutors and the R&D team.

	Research Training Sessions		
	Session	**Length**	**Self-Directed or Taught**
	We suggest students/staff do 1 (Good Clinical Practice) before any face-to-face shadowing with members of the research delivery team.		
1	**Good Clinical Practice (GCP) in research** https://www.nihr.ac.uk/health-and-care-professionals/learning-and-support/good-clinical-practice.htm Alternatively available: **Research Practice in Clinical Settings** **Informed Consent in research** **Research Design Service Training Resources**	Approximately 4 hours (progress can be saved and carried out over time) 2 hours per course Varied	Online self-directed through NIHR Hub – details upon request. Accredited course with certificate provided upon completion Online self-directed through NIHR Hub – details upon request. https://www.rds-yh.nihr.ac.uk/resources/
2	**Principal Investigator (PI) Essentials**	1 hour	Taught – details upon request

3	**Specific study training**	1 hour initial meeting with regular catch ups and/or training when needed	Taught. A Clinical Studies Officer or Research Assistant will meet to discuss a particular study relevant to the patient population the staff/student member is currently working with. With sufficient training, this can lead to the individual actively seeking potential participants whilst in practice and being an active member of the research network within the trust
4	**Poster Presentation**	30-60 minutes	Self-taught through a guided presentation. Sent electronically on request
5	**Mentorship on developing a research idea**	Weekly 30-60min meetings over 2 months **(Depends on availability)**	Guided learning. Opportunity to develop a research idea with guidance from a member of the R&D team to generate a brief research proposal
6	**Library Courses**	Multiple courses offering training in academic research skills. Length variers dependent on the course.	Courses include: Searching Healthcare Databases (i.e. PsychINFO); Critical Appraisal; Referencing. More can be sourced from http://www.leedslibraries.nhs.uk/training/ and embedded into research activities
7	**Sign Up to Newsletters**	Multiple opportunities to hear about research. You will receive emails from where you sign up which could sign post to interesting studies or funding opportunities	LYPFT Research Monthly Bulletin Email: LYPFT.Research@NHS.net CHAIN Network: https://www.chain-network.org.uk/index.html

			NIHR Funding: netscomms@nihr.ac.uk
8	**Consent for Contact**	A brief meeting and a leaflet to explain the Consent for Contact initiative running at LYPFT, whereby patients can sign up to hear about research opportunities relevant to them	Taught – Details upon request

Shadowing Opportunities on current research studies. This will offer insight into research studies taking place within LYPFT and observe and take part in research activities. Opportunities may vary depending on resource available at the time of student placement.		
Research Study	**Study aim**	**Shadowing / Learning opportunities**
DIAMONDS	Study Aim -To co-produce an intervention for diabetes self-management usable by people experiencing severe mental illness; to test the feasibility of recruitment and data collection procedures for the randomised controlled trial	1: To be provided with a copy of the Study Protocol and data collection measures, meet with lead researcher, Study Q&A session. 2: Shadow a baseline or follow up visit with service user (consent, data collection process) 3: To shadow research delivery staff when they present the study to multi-disciplinary team meetings
EDGI - Eating Disorders Genetics Initiative	This study is led by the same team who are	1: To be provided with a copy of the Study Protocol and data collection measures, meet with

	running the GLAD study. To investigate genetic and environmental risk factors in individuals who may suffer, have suffered from, or have been diagnosed with an eating disorder. To assess the impact of environmental factors that may interact with genetic risk factors to produce these disorders. To facilitate online recruitment of volunteers with eating disorders into the NIHR BioResource database; developing a database of contact information and responses to core mental health measures, with biological samples, clinical data (through medical record linkage), and genetic data from contributing participants.	lead researcher, Study Q&A session. 2: To shadow research delivery staff when they present the study to multi-disciplinary team meetings and potential participants
GLAD – Genetic Links to Anxiety and Depression	This study is led by the same team who are running EDGI. To investigate genetic and environmental risk factors in individuals who may suffer, have suffered from, or have been diagnosed with anxiety and/or depression. To help understand these common disorders and inform better treatments. To facilitate online recruitment of volunteers with anxiety and/or depression into the NIHR	1: To be provided with a copy of the Study Protocol and data collection measures, meet with lead researcher, Study Q&A session. 2: To shadow research delivery staff when they present the study to multi-disciplinary team meetings and potential participants

	BioResource database. Recruitment will help towards forming the largest recontactable biobank of participants diagnosed with or suffering from two very common disorders, depression and anxiety; including contact information, responses to core mental health measures, biological samples, clinical data and genetic data.	
FReSH START - Looking at new approaches for people who self-harm	This study is led by the same team who are running SafePIT. To develop and evaluate the clinical and cost-effectiveness of a modified approach to psychological therapy for people who repeatedly self-harm and who are being treated in mainstream NHS practice. Therapy includes a new common assessment, which determines the functions of self-harm, identifies initial valued goals, and chooses new strategies to reach valued goals, at the start of one of 3 modified therapies delivered as the intervention: Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT) or Psychodynamic Interpersonal Therapy (PIT).	1: To be provided with a copy of the Study Protocol and data collection measures, meet with lead researcher, Study Q&A session. 2: Dial in to monthly central study team update meeting with trial manager and other participating sites. 3: Shadow a baseline visit with service user (consent, data collection process).
SPACES Programme	A study designed to help understand the physical activity and exercise behaviours of people with a mental illness such as schizophrenia or bipolar	1: To be provided with a copy of the Study Protocol and data collection measures, meet with

	disorder. Participants will be asked to complete a short questionnaire which will take about 20 – 30 minutes to complete.	lead researcher, Study Q&A session. 2: Shadow a remote or in-person visit with service user (consent, data collection process) 3: Shadow an interventionist for the study
National Centre for Mental Health (Cohort)	The National Centre for Mental Health (NCMH) is a Welsh Government funded Research Centre. They obtain information about participants' mental and physical health, lifestyle, and background, as well as biological samples, and link these to routine clinical NHS data. NCMH also provides opportunities for members of the cohort to learn about, and volunteer to participate in, other ethically approved high quality studies. At the most basic level, participation involves consenting to complete a Basic Assessment to join the cohort, which can be done (1) online or (2) with a researcher. Further research opportunities are also available to those who meet additional inclusion criteria. The long-term vision is to improve diagnosis and to develop and evaluate ways of preventing the onset, and improving the treatment and management of mental disorders through a better understanding of their biological, psychological and social causes.	1: To be provided with a copy of the Study Protocol and data collection measures, meet with lead researcher, Study Q&A session. 2: Shadow a remote or in-person visit with service user (consent, data collection process)

| STRATA | A randomised controlled trial of sertraline versus placebo for reducing anxiety in adults with a diagnosis of autism. The aim is to determine the difference in Generalised Anxiety Disorder Assessment (GAD-7) anxiety scores at 16-weeks between adults with a diagnosis of autism treated with sertraline and those treated with placebo | 1: To be provided with a copy of the Study Protocol and data collection measures, meet with lead researcher, Study Q&A session.

2: To shadow a randomising of a participant |

R&D team meetings		
Meeting	**Length**	**Details**
Leeds and York Team Catch Ups	30 mins	Informal catch ups with team members; a nice way to be introduced to the two research teams in the trust
R&D formal team meeting	2 hours	Formal monthly meeting where the Leeds and York R&D teams meet to discuss workload and updates regarding research and the department
Patient and Public Involvement group meeting: Help from Experts by Experience in Research. *Available to attend an adults group or a young persons group.*	1-2 hours	A group of individuals with lived experience of mental health and learned experience in research who review and advise on research

		who meet weekly to discuss research and how it can be improved
Research Forum	Dates to be provided upon request Next date: 16th March 2023	A full day event offering staff the opportunity to find out about the research department, the work being conducted, and its importance.

Sessions with different members of the research and delivery team to understand different aspects to research design, funding and delivery within the NHS and appreciate careers in research. Availability of the opportunity may vary depending on resource at the time of student placement.		
From research idea to research delivery	Understanding the process from the point of a research idea until the moment the research study gets started in the NHS	Meet with a Research Fellow
Implementing research into an NHS Clinical Setting	Understanding the feasibility and study set up process	Meet with Wendy or Crystal (Research Programme Managers)
The role of the research patient ambassador and patient and public involvement in research	Understanding the different ways that service users can become involved in research and understanding the ambassador role to support this	Meet with Charlie (Patient Research Ambassador)
Research governance and approvals – what does	Understand the systems and processes involved in	Meet with Sinead (Research Manager)

it mean and what is involved	giving research the 'go ahead' in a way	
The range of ways clinical staff can become involved in research	Understanding the range of ways that clinical staff can support research – from championing research in their area through to developing a clinical academic career and everything in between	Meet with a member of the research team
Everything you wanted to know about research but were afraid to ask	A chance to ask those questions that you want to know the answers to but don't feel confident to ask. A no question is a silly question session	Meet with Wendy or Crystal (Research Programme Managers)
Understanding processes for the ethical assessment and approval of NHS research	An opportunity to observe an NHS Research Ethics Committee meeting. What is the process to get ethical approval, what do research ethics committees do and how do they make their decisions to approve research	Observe a Research Ethics Committee meeting. Ask for further details. leedswest.rec@hra.nhs.uk https://www.hra.nhs.uk/about-us/committees-and-services/res-and-recs/search-research-ethics-committees/