

Forward

It is with great pleasure and excitement that the NHS Research Scotland Mental Health Network welcomes you to our Annual Scientific Meeting.

The impact of the COVID-19 pandemic has been profound. Many of you here today will very well understand the impacts of COVID-19 on mental health in Scotland is very significant. These mental health impacts have not been even impacting women, young people, people of colour, those with pre-existing mental health and physical health co-morbidities, those living in areas of economic and social deprivation and those faced with employment insecurities and job loss.

Mental health research has a vital contribution to make to understanding the determinants of mental ill health and wellbeing, as well as the development of strategies to reduce mental ill health and promote mental wellbeing. Never has it been so important to have a broad and inclusive mental health science bringing together a diversity of experience and expertise. Hence our theme this year - *Transforming Mental Health Science*.

Scotland's strong history of world-leading research in mental health across a range of areas is one that we can feel justly proud of. Our research strengths include an excellent academic and clinical academic research base, the ability for researchers to easily access routinely collected data, research project and fellowship funding opportunities provided by CSO and our success in accessing other UK health research funders.

Our programme includes a wonderful array of speakers and chairs who are conducting and supporting world leading research that connects with the current policy priorities in the Scottish Government Mental Health Strategy. You, our delegates bring a wealth of experience and expertise from the NHS, academia, lived experience of mental health problems, the social care sector and the third sector. Together we hope that this year's ASM will prompt important conversations about how we can better connect research, evidence, practice and policy to improve the lives of people living in Scotland.



Professor Andrew Gumley

Interim Director – NHS Research Scotland Mental Health Network

NHS Research Scotland Mental Health Annual Scientific Meeting

'Transforming Mental Health Science'

4th November 2020
Via HOPIN

09:00 - 09:15	Orientation and Networking	NETWORKING
09.15	Plenary Session 1	STAGE AREA
09:15 - 09:45	Professor Andrew Gumley <i>Welcome address</i>	
09:45 - 10:25	Professor Chris Hollis <i>Youth mental health in the digital world: Understanding risks and harnessing opportunities</i> Chair: Dr Ashleigh Duthie	
10:25 - 11:15	Break: Poster presentations (A) and virtual exhibitor booths	SESSIONS AREA EXPO AREA
11.15	Plenary Session 2	STAGE AREA
11.15 – 11.55	Professor Matthew Smith <i>Peace of Mind: Social Psychiatry, Universal Basic Income and the Prevention of Mental Illness</i> Chair: Dr Michael Smith	
11.55 – 12.00	Comfort break	
12:00 - 12:40	Professor Daniel Smith <i>Schools-based mental health research in Scotland</i> Chair: Dr Justin Williams	
12:40 - 13:30	Lunch Break: visit our virtual exhibitor booths and try speed networking!	EXPO AREA NETWORKING
13:30 - 14:30	Parallel Sessions	SESSIONS AREA
1	<i>Involving people with lived experience in mental health research</i> Chair: Suzy Syrett	
2	<i>Data science in Mental Health: Opportunities and Challenges</i> Chair: Breda Cullen	
14:30 - 15:10	Break: Poster presentations (B) and virtual exhibitor booths	SESSIONS AREA EXPO AREA
15.10	Plenary Session 3	STAGE AREA
15:10 - 15:50	Professor Inez Myin-Germeys <i>Digital health: can it bring true person-centred care in psychiatry?</i> Chair: Dr Donald MacIntyre	
15:50 - 16:15	Professor Andrew Gumley <i>Poster prizes & closing remarks</i>	

Parallel Session

Parallel Session 1: *Involving people with lived experience in mental health research*

Chair: Suzy Syrett

- 13.30** Introduction to session
Suzy Syrett
- 13.35** Patient and Public Involvement (PPI): strategy, inclusion and our hopes for the future
Suzy Syrett and George McMeechan
- 13.50** The challenges and opportunities for Online Engagement – Learning from Lockdown
Gordon Johnson
- 14.00** TBC
Neil Quinn
- 14.10** Panel Discussion
Suzy Syrett, Gordon Johnston, Neil Quinn, George McMeechan, Steph Allen
- 14.25** How to contact us, get involved
Suzy Syrett

Parallel Session 2: *Data Science in Mental Health: Opportunities and Challenges*

Chair: Breda Cullen

- 13.30** Overview of data science in mental health
Breda Cullen
- 13.35** STRatifying Resilience and Depression Longitudinally (STRADL)
Heather Whalley & Mark Adams
- 13.45** Prediction modelling in psychosis
Sam Leighton
- 13.55** Linkage of health and education data for mental health research
Michael Fleming
- 14.05** Evidence-based guidelines for mental health data science
Sue Fletcher-Watson
- 14.10** Panel Discussion
All speakers

Speaker Biographies

PROFESSOR ANDREW GUMLEY

Andrew Gumley is Professor of Psychological Therapy at the University of Glasgow and Honorary Consultant Clinical Psychologist in NHS Greater Glasgow & Clyde. Andrew qualified as a Clinical Psychologist in 1993 and completed his PhD at the University of Stirling in 2001. Andrew has been involved in the NRSMHN since its inception and this year was appointed Interim Director of the Network. Andrew's own research includes clinical trials of psychological therapies for people with psychosis including Cognitive Behavioural Therapy, Compassion Focused Therapy and Acceptance and Commitment Therapy. Andrew's research also includes identifying mechanisms of recovery and relapse to inform the development of new approaches to empower people with psychosis. Andrew's research also evaluates the implementation and effectiveness of early intervention for psychosis. He leads the design, piloting and evaluation of Digital Health Technologies to support recovery and staying well after psychosis. Andrew has worked closely with NHS Education for Scotland to support training and dissemination in Cognitive Behavioural Therapy for psychosis and implementation of staying well plans in community mental health services. He is also working closely with Healthcare Improvement Scotland to implement early intervention for psychosis services across Scotland.

PROFESSOR CHRIS HOLLIS

Chris Hollis is Professor of Child & Adolescent Psychiatry at the University of Nottingham, Director of the NIHR MindTech MedTech Co-operative and leads the NIHR Nottingham BRC Mental Health and Technology Theme. He is Principal Investigator on the HTA ORBIT (Online Remote Behavioural Intervention for Tics) trial and led the HTA funded evidence-synthesis and systematic review of treatments for tics in children and young people (Hollis et al. *Health Technol Assess*, 2016. 20, 1-450) and the AQUA trial of QbTest for ADHD (Hollis et al. *Journal of Child Psychology and Psychiatry*. 2018 Dec;59(12):1298-1308).

Chris trained in psychiatry at the Maudsley Hospital and Institute of Psychiatry, where he was awarded an MRC Training Fellowship and completed his PhD on the long-term adult outcome adolescent-onset psychosis. He works as a Consultant in Developmental Neuropsychiatry with Nottinghamshire Healthcare NHS Foundation Trust and leads a regional lifespan neurodevelopmental service, including a Tourette's Clinic and Adult ADHD Clinic based at Queen's Medical Centre. His clinical and research interests include ADHD, Tourette syndrome, early onset schizophrenia and the development, evaluation and implementation of digital technologies to support better mental health.

As Director of MindTech, Chris is passionate about harnessing digital technology and building its evidence-base in mental healthcare by bringing together patients, clinicians, academics and technology developers. He recently led the James Lind Alliance priority Setting Partnership's Top 10 research priorities for digital technology in mental healthcare (Hollis et al. *Lancet Psychiatry*. 2018 Oct;5(10):845-854). Chris chaired the NICE Guideline for schizophrenia and psychosis in children and young people (2011-13) and was a member of the 2018 NICE ADHD (Update) Guideline Committee. He is a member of Innovate UK's Digital Health Strategy Group. In 2015, Chris received a prestigious NIHR Senior Investigator Award. This distinguished accolade was awarded for a further 4 years in April 2019

PROFESSOR MATTHEW SMITH

Matthew Smith is Professor of Health History at the University of Strathclyde's Centre for the Social History of Health and Healthcare, where he recently served as the Faculty of Humanities and Social Sciences' Vice Dean of Research. He has written widely on the history of health and medicine, including 3 monographs and 3 edited volumes on topics ranging from ADHD and deinstitutionalisation to food allergy and nutrition. He co-founded and co-edits the highly successful Palgrave book series, "Mental Health in Historical Perspective," which has published over 20 titles since 2015. The research for his presentation today was generously supported by an AHRC Early Career Fellowship.

PROFESSOR DANIEL SMITH

Daniel Smith is Professor of Psychiatry at the University of Glasgow and Honorary Consultant Psychiatrist at NHS Greater Glasgow and Clyde. His primary clinical interest is bipolar disorder and he currently leads programmes of research in genetic epidemiology, health informatics, mental health data science and adolescent mental health. He is co-PI for the Schools Health and Wellbeing Improvement Research Network ([SHINE](#)) and he leads the Sleep, Circadian Rhythms and Mental Health in Schools network ([SCRAMS](#)).

PROFESSOR INEZ MYIN-GERMEYS

Inez Myin-Germeys is a psychologist and professor of Contextual Psychiatry at KU Leuven, Belgium. She is the head of the Center for Contextual Psychiatry (CCP), which she founded in 2015. Prof. Inez Myin-Germeys is a world-renowned expert in the field of Experience Sampling Methodology and mobile Health (mHealth), in relation to psychopathology, and more specifically psychosis. One of the main research lines of the CCP is to bring mobile Health to the clinic. Inez Myin-Germeys is an ERC consolidator grantee, has published over 370 papers and has supervised over 30 PhD projects.

Parallel Session Speaker Biographies

Involving people with lived experience in mental health research

SUZY SYRETT

Suzy is a Peer Researcher for the NHS Research Scotland Mental Health Network based at Glasgow University where she endeavours to bring her Lived Experience perspective in a relevant and impactful way across every stage of the research trials she works on with the dual goal of enhancing both the running and rigour of that trial and optimising the experience of the participants involved in that trial. Her role also means she co leads on the outreach and engagement required to raise the profile of the Network's PPI capacity amongst potential stakeholders and underline the value and need for PPI and Peer Researchers in mental health research across Scotland.

She has been a co-author on several high impact published mental health studies and last year wrote a mental health patient perspective piece for the British Medical Journal titled "Why a change of diagnosis shouldn't matter . . . but it does".

Suzy is a well know commentator, writer and speaker on mental health issues and the author of three books based on her lived experience of psychiatric inpatient and community care. She lives in Helensburgh Scotland with her husband, who also has lived experience of mental illness.

GORDON JOHNSTON

Gordon was diagnosed with bipolar disorder in 2007 and is active in several voluntary sector mental health organisations. He is past Chair of VOX (Voices of Experience – the national collective advocacy organisation in mental health) and currently Chair of Bipolar Scotland.

Gordon also carries out paid consultancy work for several third sector mental health organisations, mainly in the areas of peer research, community engagement, policy development and organisational development. He has previously worked in the public and voluntary sectors in areas including community development, managing a local community engagement organisation, co-ordinating the distribution of National Lottery and European funding, project development in several urban regeneration initiatives in Glasgow and project managing elements of the merger that led to the creation of the Big Lottery Fund.

Gordon sits on the Health and Social Care Action Group of the Scottish National Action Plan on Human Rights and has been a member of the Scottish Patient Safety Programme's Mental Health Delivery Group as a service user representative since its inception in 2013.

He was appointed as a Board member of the Mental Welfare Commission for Scotland by the then Minister for Mental Health in April 2017 and has recently been appointed for a further four year term from 2021. In 2019, he became a member of the Mental Health Strategic Delivery Board, established and chaired by the current Minister for Mental Health. Gordon was also appointed as a non executive Board member and Whistleblowing Champion of NHS Forth Valley by the Cabinet Secretary for Health in February 2020.

Gordon is an active peer researcher, and is working on several research projects at present, collaborating with colleagues from Mental Health Foundation, Cochrane Common Mental Disorders and several UK universities. He is a Steering Group member of the UKRI funded Closing The Gap Network and a member of the Scottish Government's Mental Health Research Advisory Group.

NEIL QUINN

Neil is a Reader in Social Work and Co-Director of the University's Centre for Health Policy. He is an international leader in social work and public health has been invited to be a Visiting Professor at New York and Yale Universities.

He has a particular expertise in health inequalities, human rights and citizenship and has a specific commitment to working with vulnerable groups, including people with mental health problems, asylum seekers and refugees and people experiencing homelessness.

GEORGE MCMEECHAN

George is a member of the NRS Mental Health Network PPI group.

STEPHANIE ALLAN

Stephanie is a PhD student currently writing up a thesis which focused on implementation of digital interventions for psychosis using the EMPOWER trial as a case study. She is also interested in service user involvement and leadership within research

Data Science in Mental Health: Opportunities and Challenges

DR BREDA CULLEN

Breda Cullen is a Senior Lecturer at the Institute of Health and Wellbeing, University of Glasgow. She is an academic clinical psychologist and neuropsychologist, and her research focuses on the epidemiology and assessment of cognitive function in psychiatric and neurological conditions. Breda is particularly interested in applying causal inference methods to understand the risk factors and mediating processes that may explain variation in cognitive function.

DR HEATHER WHALLEY

Heather Whalley is a Reader at Division of Psychiatry, Centre for Clinical Brain Sciences, University of Edinburgh. Her main area of research is linking neuroimaging techniques with underlying biology in a bottom-up approach in order to better understand debilitating neuropsychiatric disorders. Her research focuses on how causal risk factors, such as genetic or environmental, contribute to disease in terms of impact on brain structure and function and on developmental trajectory.

DR MARK ADAMS

Mark Adams is a Statistical Geneticist, Mental Health Data Science Scotland, Division of Psychiatry, University of Edinburgh. Mark studies quantitative and population genetics of mental health. He is also the Reproducible Science lead for the Psychiatric Genomics Consortium.

DR SAM LEIGHTON

Sam Leighton is a Clinical Academic Fellow at the Institute of Health and Wellbeing, University of Glasgow. He is an ST6 General Adult Psychiatrist and Clinical Academic Fellow based in Mental Health & Wellbeing. He is interested in using machine learning to predict outcomes in individuals with a first episode of psychosis.

DR MICHAEL FLEMING

Michael is a Research Fellow at the Institute of Health and Wellbeing, University of Glasgow. He is a statistician whose interests include using novel record linkage techniques and statistical methods to analyse complex linked data for research purposes across the spectrum of public health. His current research focuses on educational and health outcomes related to childhood chronic conditions, early life factors, neonatal and childhood morbidity and maternal/obstetric factors.

PROFESSOR SUE FLETCHER-WATSON

Sue is Professor of Developmental Psychology at Salvesen Mindroom Research Centre, University of Edinburgh. She is interested in applying methods from psychology to questions with clinical, educational, and societal impact. Most of her work takes a developmental perspective, looking at how experiences in infancy and early childhood shape our ability to learn, our well-being, and our identity. Sue adopts a participatory approach, working with stakeholders outside academia to ensure her work is relevant and ethical, and sharing using FAIR open science principles.

Poster Submissions

Session A (morning)

1 Roxanne Hawkins

'The role of human-pet attachment on people's mental health and wellbeing over time during COVID-19 lockdown.'

2 Somia Imran

'Attachment relationships and psychological distress in young adults: The mediating role of self-esteem.'

4 Cara Richardson

'The Male Experience of Suicide Attempts and Recovery: An Interpretative Phenomenological Analysis'

5 Emily Beswick

'A systematic review of neuropsychiatric and cognitive assessments used in clinical trials for amyotrophic lateral sclerosis.'

6 Neil Watson

'Evaluation of the 2017 Euro-CJD diagnostic criteria for sporadic Creutzfeldt-Jakob disease.'

7 Hasan Huseyin Ates

'A systematic review of disordered eating behaviours in children and adolescents with neurodevelopmental disorders.'

8 Kate Barnes & Grace Keenan

'Does #fitspo inspire through thick and thin? An empirical study of the impact of exposure to different body shapes in fitspiration imagery on women's mental health.'

9 Kym Craig

'Metacognition, Social Skills, Mental Health and Well-being and Autistic Traits'

10 Emma Russell

'Mental health and suicide in former professional football players'

11 Alix Johnston

'An Investigation of the impact of #Fitspiration images on young adults' body image: The effects of image type and gender'

12 Sue Abbott-Smith

'Suicide prevention: Safety Planning Intervention for children and young people - a scoping review of effectiveness.'

13 Marie-Christine Opitz

'Understanding Characteristics and Perceived Causes of Orthorexia – A Reddit Analysis'

14 Claire Goodfellow

'Mental health literacy and intended help-seeking in adolescence: Examining the mediating and moderating effects of personal and perceived stigma.'

15 Michelle Jamieson

'An Autoethnographic Account of Studying What You Live With: Psychosis'

Session B (afternoon)

3 Melina Nicole Kyranides

'Adult Attachment Styles and Callous- Unemotional Traits: Investigating the effect of gender, maternal and paternal factors.'

16 David Milton

'The association between C-reactive protein, mood disorder and cognitive function in UK Biobank'

17 Stephanie Allan

'What do service users think of being asked about their mental health every day? And what can such intensive data collection tell us about fear of relapse in psychosis.'

18 Rowenna Piers

'Is there an app for that? A systematic review of digital mental health interventions for socio-economically marginalised youth.'

19 Natasha Sangha

'Seasonal variation in circadian rest/activity rhythms across mood disorder categories in UK Biobank.'

20 Rachel Thomson

'The causal effects of transition into poverty on mental health in the UK working-age population.'

21 Olivia Burt

'Genetic variation in the ASTN2 locus in cardiovascular, metabolic and psychiatric traits.'

22 Lewis Forsyth

'Association of genetic variation in the DCC locus with physical and mental health traits.'

23 April Shaw

"Human Connections" - Mental Health in Lockdown'

24 Megan Williams

'Experiences of community-based, peer-supported Advance Statement development.'

25 Mackenzie Robertson

'Exploring changes in body image, eating and exercise during the COVID-19 lowdown A UK survey.'

26 Imogen Peebles

'Thematic Analysis of mechanisms underpinning email peer support for young people with eating disorders.'

27 Nicola McGuire

'Investigating the relationship between negative symptoms in psychosis and metacognitive functioning: a systematic review'

Evaluation Form

ASM 2020

We would be very grateful if you could complete this evaluation form so that we can improve our future events. This should only take 5 minutes to complete and the information collected will be treated as confidential.

Q1. Your details (optional):

Name:

Organisation:

Q2. How did you first hear about this event?

- NRS Mental Health website
- University
- NHS
- Newsletter
- Colleague
- Presentation
- NRSMHN email
- Other (please specify)

Q3. What have you gained as a result of attending this event?

Q4. What did you enjoy most about this event?

Q5. How could the event have been improved?

Q6. Please rate your overall experience of the following:

	Poor	Satisfactory	Good	Excellent	N/A
Application Process					
Virtual Event Platform					
Plenary Presentations					
Parallel Sessions					
Virtual Networking					
Virtual Poster presentations					
Virtual Exhibitor stands					
Organisation of the event					

Q7. What else could the network be doing to increase/support mental health research in Scotland?

Q8. Any other comments?

Q9. Would you like to be added to our mailing list? YES / NO

Q10. Would you like to find out more about our PPI Group YES / NO

Email address:

Thank you very much for completing this survey.

Please return this form to Lisa Martin (lisa.y.martin@ed.ac.uk)