



Newsflash

Your regular update
from the research
and development team



March 2024



Team updates

- Congratulations to Dr Manisha Singh, research assistant, who successfully completed her PhD. Her study is the first of its kind to report that Nepalese mothers' mental health impacts on young children's growth, i.e. children were more likely to be thinner and shorter for their age.
- Andy Sedgwick is to R&D what Steven Spielberg is to film! Andy has been busy making short 3-minute videos of the R&D team members talking about some of the studies going on in the Trust and the researchers helping to deliver them. Look out for these coming up on You Tube.
- **Thursday, 9 May – “Research discovery and innovation conference: expanding frontiers of research: impacting change today for an outstanding tomorrow”**. To be held at Village Hotel, Morley. Please contact us if you would like to have a poster display/presentation on the day. Places are free, but please book early to avoid disappointment. You will find the link to book on our website from 18 March 2024.



Our research studies

The Genetic Links to Anxiety and Depression (GLAD) study

Led by the [National Institute for Health and Care Research \(NIHR\) Mental Health BioResource](#) and researchers at King's College London (KCL), in collaboration with researchers at Queen's University Belfast, University of Edinburgh, and Cardiff University, is a project set up to support studies exploring risk factors for depression and/or anxiety. This is an important study as **1/6** people have reported depression or anxiety in the last year and **1/3** people experience symptoms in their lifetime, but only **50%** of people respond well to existing treatments. So far 74,705 people have signed up to participate in the study. Watch this [video](#) to find out more about the study: <https://youtu.be/K1TK2lzF3zc?feature=shared>

It is open to everyone and is still looking for participants – if you are interested in taking part, get in touch. More information can be found on their website: <https://gladstudy.org.uk/>



Improving Diabetes Self-Management for Individuals with Severe Mental Illness (DIAMONDS)

The overall aim of this project is to develop and test a bespoke educational package to help people with severe mental illness and diabetes to manage their diabetes better. Diabetes is more than twice as common in people with severe mental illness and has poorer outcomes than the general population. In England, around 44,000 people live with both conditions, (15% of all people with severe mental illness). Diabetes can lead to complications including heart disease, stroke, eye and kidney disease and premature death, and contributes significantly to the lower life expectancy for people with severe mental illness. So far 227 participants have consented to take part in this study. It is still open and is important as will help provide information about new ways to provide treatment. If you, a family member, or client is from a South Asian background we would really like to support you or them to participate in this study.

<https://www.york.ac.uk/healthsciences/research/mental-health/projects/diamonds/>

Training and education opportunities

Research delivery

Want to know a bit more about what is involved in research delivery? There are some fantastic regional training workshops available via Leeds Teaching Hospital Trust Research and Innovation Academy. These bite-sized training courses are funded by the National Institute for Health and Care Research (NIHR) clinical research network (CRN) Yorkshire and Humber and are free to all staff in the region involved in research. They will cover aspects relating to protocols, source data, facilitating oversight, adverse events and pregnancy reporting, consent and eligibility, time management, inspection awareness, site file management and abstracts and posters. Send any enquiries or questions to: research.academy@nhs.net.

Clinical academic career

NIHR round 2 of the pre-application support fund has now launched! The pre-application support fund provides extra support to those who need it, to enhance their chances of making a successful application to an NIHR career development scheme in the future and is open to all

career stages. Through providing additional funding, the pre-application support fund aims to enhance the opportunities available to those that otherwise would not have sufficient support to apply for NIHR career development funding. The scheme aims to make a positive impact on groups and professions identified as underrepresented within NIHR. You can find more information about the scheme on the [funding page](#). There is also a link to the applicant guidance notes on the web page. Get in touch if you are thinking about applying – we are here to help.

Lunch and learn

Yorkshire Humber NIHR popular lunch and learn sessions are back. They are hour-long webinars that take place over Zoom during lunch hours, allowing people to conveniently join in. All sessions are recorded and then uploaded to their YouTube channel as a training resource and for those who can't attend. The schedule for the first half of 2024, and the recordings of past lunch and learns can be found following the link. To sign up please see the individual details or visit our lunch and learn event page:

<https://www.ticketsource.co.uk/arcyorkshireandhumber>

Community engagement

Durham Medical Humanities Research

We are embarking on an exciting collaborative programme of research with Durham University Medical Humanities, as part of their Discovery Research Platform for Medical Humanities – with the aim to improve health by understanding the hidden experience. This programme of work will be conducted over seven years and will put our communities at front and centre as we will be designing and delivering research for people and with people.

Spotlight of the month

Ramadan Mubarak for all Muslim colleagues and services users. Results from the London Ramadan Study (LORANS) suggests that Ramadan fasting is associated with short-term favourable changes in the metabolic profile concerning risk of some chronic diseases, such as diabetes, coronary artery disease and stroke. These findings may be further investigated in future, larger studies of longer follow-up with clinical outcomes. Read more about the study by clicking on this link: LORANS

Days to celebrate in March:

- **1 March - Employee Appreciation Day** – celebrated on the first Friday in March and is a day dedicated to recognising employee talent and worth.
- **1 March – St David's Day** – a Welsh holiday dedicated to celebrating the life and contributions of St David, the patron saint of Wales.
- **1 March – Marie Curie Great Daffodil Appeal** – 1 in 4 don't get the care they need at end of life. Please support this worthy cause to help bring end of life care and support to everyone who needs it.
- **1 March – National Peanut Lovers Day**. Yum!
- **1-2 March - Global Day of Unplugging**. If you can bear it, unplug from your devices for the day.
- **3 March - World Wildlife Day**. Celebrate the beautiful diversity of plants and animals we share our planet with. This is Goal 12 of the United Nations Sustainable Development Agenda.
- **7 March - World Book Day**

- **8 March - International Women's Day** celebrates the vital role of women in our history & society #let's_inspire_inclusion: <https://www.internationalwomensday.com/>
- **8 March to 17 March - British Science Week**
- **10 March to 9 April - Ramadan.** The Islamic holy month of Ramadan will start on the evening the new crescent moon is sighted. Muslims around the world will fast for 30 days before celebrating Eid al-Fitr.
- **20 March – Spring Equinox**
- **22 March – World Water Day** – discover the importance of water
- **15 March – 31 March - The Great British Spring Clean.**
- **17 March - St Patrick's Day** remembers Ireland's saint and is a celebration of Irish culture.
- 20 March - International Day of Happiness - this a global movement towards a happier, more inclusive, and resilient world <https://www.un.org/en/observances/happiness-day>
- **23 – 24 March - Purim** – Jewish Festival
- **29 – 31 March – Easter**

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