

# Making New Connections in Mental Health Research

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The mental health research team have traditionally supported studies which have represented patients from community mental health teams across C&V and have often centred around a limited number of diagnoses. However, as mental health provision has become more specialised and targeted it has meant that our way of working has required to change with the research team needing to foster new relationships and embedding a research culture within teams where research was not as the forefront previously.

## Headroom: Youth

### Psychosis Service

### Service

- **ADEPP:** Prevention of Depression after first episode psychosis
- **WAND-P:** Structural and functional imaging of brain activity in psychosis

## Integrated Autism

### Service

- **ADEPT-2:** Guided Self Help for Depression in Autism

## Adult Acute Inpatient Services

- **TULIPS:** A cluster randomised controlled trial of a ward based intervention to improve access to psychologically informed care and psychological therapy

## Primary Mental Health

### Support Service

### Service

- **ATP:** Antidepressant trial with P2X7 antagonist
- **RAPID:** Comparing two psychological therapies for PTSD
- **CONTACT GAD:** Acceptance and commitment therapy for older people with treatment resistant generalised anxiety disorder

### Progress and future aims

- ◆ Increasing awareness of research
- ◆ Supporting new principle investigators
- ◆ Expanding the mental health portfolio in Cardiff and Vale UHB
- ◆ Increasing research opportunities for under represented patient groups