

# NCMH

National Centre for Mental Health  
Canolfan Iechyd Meddwl Genedlaethol



Ymchwil Iechyd  
a Gofal Cymru  
Health and Care  
Research Wales



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government

## 2022-23 Annual Report





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# Foreword

We're pleased to present our 2022-23 annual report after another exciting year at the National Centre for Mental Health (NCMH).

As you will read in these pages lots has been achieved as we continue to deliver our mission of improving the mental health and wellbeing of the people of Wales.

This work has been made possible by the Research Development Infrastructure funding from Health and Care Research Wales and we would like to thank them for their continued support of our important work.

At heart, NCMH is all about working collaboratively. Bringing together researchers, clinicians and, most importantly, those with lived experience of mental illness.

For this reason, we take patient and public involvement (PPI) very seriously – we strongly believe that it results in the best science. On page 17 you can read more about this work.

One of the key ways we ensure that the voice of lived experience is heard is by working with third sector organisations.

These relationships have been key to many areas of our activity as you will read but a great example is our longstanding work with Action on Postpartum Psychosis (APP) and the training package we have coproduced and have delivered widely to new perinatal mental health teams across the UK (page 15).

This has been a fantastic way to ensure the fruits of our perinatal research reach those who need to hear it and makes a tangible difference to women and their families.

At NCMH we exist to support and stimulate mental health research in Wales; to provide the link between the amazing research groups in Bangor, Swansea and Cardiff Universities, the NHS, patients and the wider public.

We seek to ensure the investment made by Health and Care Research Wales attracts further mental health funding to Wales.

To this end, we are delighted to support the new Cardiff University Neuroscience and Mental Health Research Innovation Institute and the transition of the Centre for Neuropsychiatric Genetics and Genomics to a Cardiff University Centre that will ensure Welsh research remains world-leading in this important area (Page 14).

These are only some highlights from an exciting year and there is much more to read about in the following pages.

We hope you enjoy the report and continue to travel with us on our journey.

**Together we can make a difference for mental health.**



**Professor Ian Jones**  
Director



**Dr Sarah Knott**  
Centre Manager

# Who we are

The National Centre for Mental Health (NCMH) brings together leading researchers from Cardiff, Swansea and Bangor University

Funded by Welsh Government through Health and Care Research Wales



## Our mission

To improve the mental health and wellbeing of the people of Wales

## Aims

- To advance mental health and learning disability research in Wales
- To engage with patients, their families, the wider public and third sector organisations in Wales to increase understanding of mental illness and the need for research
- To change the research culture in health and social care services



# Who's who

The NCMH team is made up of academics, clinicians and professional support staff from three of Wales' leading universities - Cardiff, Swansea and Bangor.



**Ian Jones**  
NCMH Director



**Jon Bisson**  
NCMH Deputy Director

## NCMH Executive Board

- James Walters
- Michael Owen
- Keith Lloyd
- Stephen Beyer
- Jeremy Hall
- Ann John
- Rob Poole
- Peter Huxley
- Arianna di Florio
- Alka Ahuja

## Administration Team

- Sarah Knott
- Mark Coles
- Claire Baker
- David Vellacott
- Allison Early
- John Tredget
- Catrin Hopkins\*
- Ellie Short
- Sarah Rees
- Tyler Savory
- Andrew Worsey
- Alice Repper

## Data Team

- Leon Hubbard
- Daniel Oakes

## UKMinds Team

- Holly Pearce\*
- Kate Fallon\*
- Gabriella Dattero Snell\*
- Danielle Kitney\*

## Laboratory Team

- Ngoc-Nga Vinh\*
- Alex Evans
- Patrick Weller\*

## SAIL Team

- Marcos del Pozo Banos
- Sze Chim Lee

## Bangor Team

- Ali Khoshfetrat

## Psychology Assistants

- Anna Simpson
- Joanne Worthington
- Choe Apsey\*

## Researchers

- Amy Lynham
- Catrin Lewis
- Jessica Yang\*

## Engage to Change

- Andrea Meek\*
- Elisa Vigna\*
- Jacob Meighan\*

## Placement Students

- Sam Ball
- Sidsel Koop

\* Not directly employed by NCMH, but part funded in some cases

# Core Metrics

Reporting period: **2022/2023**

**Health and Care  
Research Wales  
infrastructure award  
to the group**



Direct  
funding  
awarded  
**£949k**

Jobs created  
through direct  
funding



## Grants won during reporting period

Grants won	Led by group	Group collaborating
Number	<b>18</b>	<b>5</b>
Value	<b>£5.8m</b>	<b>£625k</b>
Funding to Wales	<b>£4.2m</b>	<b>£625k</b>
Funding to group	<b>£3.9m</b>	<b>£0</b>
Additional jobs created for Wales	<b>26</b>	<b>5</b>
Additional jobs created for group	<b>26</b>	<b>0</b>



Number of publications



Number of public  
engagement events



Number of public  
involvement opportunities



## Cohorts and smart assessments

This year we reached our 26,341st participant.

This incredible number of volunteers has enabled us to build the NCMH cohort as a world-leading resource for mental health research.

It underpins our research programmes aimed at better understanding biological, psychological and social factors contributing to mental health problems.

Volunteers are asked questions around a range of topics, including mental and physical health, lifestyle, employment and education.

### Expanding the cohort

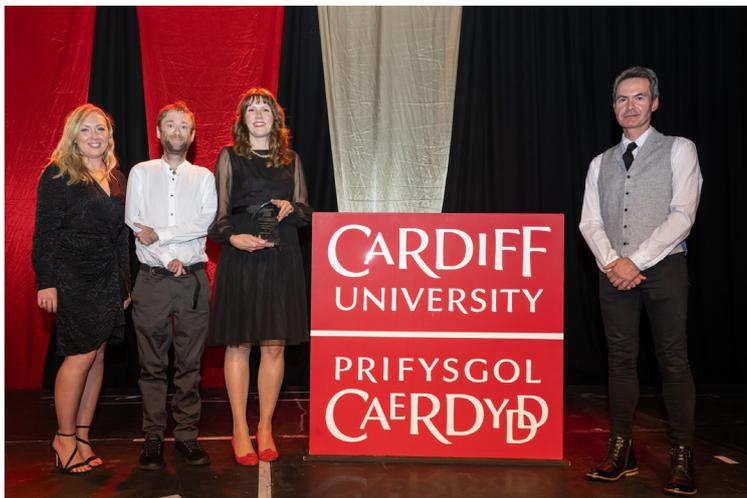
There have been several important developments this year. In addition to our central cohort of participants we have also opened online recruitment for conditions such as Premenstrual dysphoric disorder (PMDD) and Postpartum psychosis, as well as projects around student mental health, and testing new resources for young people living with low mood.

One of our largest undertakings this year has been the launch of the UKMinds project, in partnership with Akvivia Health and Janssen.

The project aims to recruit thousands of participants with experience of mental ill-health or cognitive disorders, such as dementia. [ncmh.info/ukminds](https://ncmh.info/ukminds)

In November 2022, we were shortlisted in the Cardiff University Celebrating Excellence Awards. The team were thrilled to take home the Excellence in Research Prize.

Centre manager, Dr Sarah Knott, said: "None of what we do would be possible without our participants who give their time to take part in research studies, they really do deserve the biggest thank you of all."





## Premenstrual Dysphoric Disorder (PMDD)

This year we were pleased to partner with the Reproductive Mental Health Programme at Cardiff University to recruit for a new research project into Premenstrual Dysphoric Disorder (PMDD), funded by the Commission of the European Communities.

Premenstrual Dysphoric Disorder (PMDD) is a mood disorder that is estimated to affect around 5% of women and people who experience periods. That's around 80,000 people in the UK.

During the week before the onset of bleeding individuals experience severe mood and emotional changes including anxiety and low mood, a decreased interest in usual activities, difficulties concentrating and more. These symptoms start to improve within a few days after the onset of the period. There is still little known about the disorder and as symptoms will only present for around a week it makes diagnosis difficult.

Whilst symptoms of Premenstrual Syndrome (PMS) are very common in people who menstruate, the symptoms of PMDD are markedly more severe and interfere with daily life, work, and relationships.

In order to learn more about PMDD, Professor Arianna Di Florio is leading the Premenstrual Dysphoric Disorder: indicators, causes and triggers (PreDDICT) survey.

The survey is looking to hear from people who are currently or have previously experienced PMDD or extreme PMS symptoms.

Participants are asked to complete a short survey and complete a daily mood and sleep diary over two consecutive menstrual cycles. Additionally, some participants may be invited to provide a saliva sample.

Using genetic samples means that the individuals do not have to currently be experiencing PMDD or severe PMS to participate as DNA is fixed at birth. Additionally, using DNA can offer insight into the biology of PMDD such as genetic variations that influence the risk of developing the disorder.

By the end of March 2023, the study has received over 600 responses which includes 42 completed mood diaries and 89 returned genetic samples.

Read more about the study at:  
[ncmh.info/pmdd](https://ncmh.info/pmdd)

## Developing interventions

The NCMH Intervention Development Workstream was set up to facilitate the development and evaluation of interventions to prevent and treat mental health problems.

We are very proud to share that Spring, our guided self-help programme for PTSD, has received a conditional recommendation by the NICE guidelines, helping to bring more treatment options to those in need.

We are also developing and evaluating a range of other interventions. These include:

- Bipolar Education Programme Cymru, supported by the Big Lottery Fund
- Spring, funded by the NIHR Health Technology Assessment programme
- treating anxiety to prevent relapse in psychosis, supported by Health and Care Research Wales
- guided self-help for the disturbances in self-organisation symptoms of complex PTSD, supported by NHS funding via Traumatic Stress Wales
- MoodHwb, a digital programme for mood and wellbeing in young people, funded by NIHR/ Health and Care Research Wales
- antidepressants for the prevention of depression in first episode psychosis (funded by National Institute for Health Research)

### Developing new ways to support people with Bipolar Disorder

In the last year, we have continued to offer virtual Bipolar Education Programme Cymru (BEPC) sessions.

BEPC is an award-winning group psychoeducation programme that aims to improve the quality of life for people with bipolar disorder.

The course enables individuals to better manage their condition by understanding the symptoms of bipolar disorder, identifying their triggers and monitoring their mood to help them stay as well as possible. There are 10 sessions, each run in a group format with between 8 and 12 people.

Since the first group some 10 years ago we have now completed 67 'face-to-face' groups and over 750 participants taking part; during the Covid-19 pandemic we held booster sessions for graduates of the programme and developed virtual eBEPC courses (held via Zoom) and have now provided 14 eBEPC groups with 67 participants, four being held in the past year.

We are appreciative to be jointly working with Bipolar UK, the leading UK charity supporting those affected with bipolar disorder, as they utilise our BEPC programme as their psychoeducation programme.

The scale of their organisation allows the programme to be provided much wider throughout the UK and BEPC staff have assisted in the provision of eight their own virtual courses during the past year.

We have also completed two training videos (located on the NHS training platform) in the past year, aimed at NHS clinical staff to undertake their own locality courses, with all materials necessary for them to do so.

The BEPC programme has also now achieved 'Bevan Exemplar' status and we presented our experiences at the Senedd earlier in the year to Welsh and Local Government, health and care services and third sector organisations. Below Kate Fallon and John Tredget are pictured at the Senedd.





## Digital support for young people with their mood and wellbeing

The latest evaluation of The Digital Support Study led by Dr Rhys Bevan Jones, funded as part of a National Institute for Health Research/Health Care Research Wales doctoral fellowship, has highlighted the need for a clear, evidence-based digital tool to support young people with their mood and wellbeing.

This need has been made clear following a growing body of research which points toward high rates of low mood and depression in adolescents, with many young people not accessing or receiving any formal support to help manage these difficulties.

Recent treatment and prevention guidelines have recommended the use of digital interventions when treating adolescent depression, however getting young people engaged in these treatments has been difficult.

This led to the development of MoodHwb, an online tool to be used by adolescents and their surrounding family, carers or professionals.

The programme has been co-developed with people from these groups and includes healthcare practitioners, education and social services, and charities to ensure that the design and content of the programme were accessible and relevant to its users.

Researchers working on the study conducted interviews, workshops, and focus groups alongside discussions with the web designers to ensure that MoodHwb was bilingual, mobile compatible, and had mood diary and goal setting functions.

Early evaluations of MoodHwb were positive which has resulted in a current study that aims to evaluate the programme's effectiveness in the mood and wellbeing of young people in comparison with digital information packs used to treat low mood.

Researchers are recruiting young people aged between 13-19 years old who have experienced difficulty with their mood and wellbeing, alongside their family members and carers. Two thirds of participants will receive a link to the MoodHwb programme and a third will receive an information pack.

The team will be able to monitor how users are interacting with the programme from six months of the start of the programme, though this does not include data such as what users input.

So far the study has recruited 60 young people and will run until September.

Read more about the Digital Support study: [ncmh.info/digital-support](https://ncmh.info/digital-support)

# Electronic Data Linkage

## An update from the NCMH team at Swansea University

Our NCMH Principal Investigators based at Swansea University are Professors' Ann John (Public Health and Psychiatry) and Keith Lloyd (Psychiatry). The team includes data scientists from a wide range of backgrounds (epidemiology, computer science, bioinformatics, psychology and engineering). The team has expertise in applying psychiatric epidemiology and machine learning to suicide and self-harm prevention and the social determinants of mental health.

We securely and anonymously, link information protecting privacy from surveys answered by people in the NCMH cohort to routinely collected health and social care data in the SAIL Databank- but only in those who have consented for this linkage to happen. This means we can understand mental health issues from a social, psychological and biological perspective.

We work with DATAMIND, the HDRUK Mental Health Hub, funded by the Medical Research Council, and led by Professor John and Professor Rob Stewart (King's), to ensure the FAIR use of data to improve the populations' mental health.

### COVID-19

We have continued to work to understand the effects of the COVID-19 pandemic on the mental health of people in Wales, through activity supported by the Medical Research Council, Health Data Research UK, the ADR Wales programme of work, and the Wales COVID-19 Evidence Centre.

We have huge capabilities of linking a wide range of data from the whole Wales population, including contacts with health services, SARS-Cov2 infection testing, COVID-19 vaccination, demographics and mortality statistics.

We revealed widening excess mortality during the COVID-19 pandemic in individuals who self-harm. Early in the pandemic concerns were raised about the impact of the pandemic and the measures taken to curb its spread on suicide rates.

In a study co-led by Professor John, we studied global changes in suicide rates during the COVID-19 pandemic using data from 33 lower-middle-income to high-income countries highlighting for the first time at scale that suicide rates remained largely unchanged or reduced in the early months of the pandemic. We revisited this in 2022. All our findings have been published and discussed with policy colleagues at Wales, UK and WHO level.

### Children and young people

We have studied the mental health of children and young people in Wales, expanding our capabilities of importing and linking new data resources to the wealth of data available in SAIL through the Adolescent Mental Health Data Platform.

In collaboration with Dr Kate Langley and Professor Anita Thapar, also from Cardiff University, and using the linked NCMH data, we demonstrated the possibility of establishing a nationwide e-cohort of children and young people with a diagnosis of ADHD and/or ASD to improve care for those with neurodiversity, supported by funding from the Wellcome Trust and the Wolfson Foundation.

Finally, importing and linking data from a child protection service secondary care-based setting, we created the first externally validated algorithm for identifying maltreatment using routinely collected healthcare data, supported by funding from the MQ Mental Health Research Charity, the Wolfson Foundation and the Medical Research Council.

Our algorithm was able to identify nearly 3 of 4 children experiencing maltreatment, with a miss-classification error of 1 in 7 children, and will be key in future research to improve our understanding and care for those who experience childhood adversity.

**Professor Ann John**  
**Swansea University**

# Centre for Mental Health and Society

An update from the NCMH team at Bangor University



The Centre for Mental Health and Society has been very busy during the last year despite continuing difficulties. Our networks and collaborations have strengthened, and we have submitted several grant proposals and published a number of papers.

Dr Anne Kraye, Professor Rob Poole and Dr Emily Bebbington all hold key roles within GCRF/SASHI, the South Asian Self-Harm Initiative. We are confident that the project's key output, a public domain manual to guide the establishment of self-harm registers at low cost, will be published within a few months.

Our workstream on prescribed opioids continues to grow, with several funded projects producing publications this year and contributions to NICE consultations.

A pharmacist, Simon Gill, who works with us, has led a major initiative within BCUHB. This involves payments to GPs to attend a teaching session on opioids (delivered by CFMHAS), with further payments for setting up registers of patients on high dose opioids, using a method that we developed. In due course, this will provide unique surveillance data on high dose prescribing in Wales.

Our research officer post jointly-funded (NCMH and BCUHB) examines social data from the NCMH cohort. Dr Ali Khoswhfetrat, has done excellent work in understanding this data, allowing us to develop and test a promising method to assess area level deprivation during

childhood through questions in adulthood, overcoming a well-recognised methodological problem. We have developed a proposal for a feasibility study to examine the impact of childhood and current deprivation on the course and outcome of adult mental health problems.

Professor Peter Huxley and Dr John Carden lead work developing and assessing the use of the Dialog Plus digital instrument to promote better care for people with serious mental illness. With Anne Kraye, Huxley has secured funding to evaluate the Clinical Ethics Advisory Group established by Rob Poole within a neighbouring English NHS Mental Health Trust. We believe this is the first such project in the UK.

A paper co-authored by Rob Poole and Professor Catherine Robinson from Manchester University that was published online in 2022 will appear in print and in the RCPsych article of the month for June 2023.

To read more about the Centre's work at Bangor University, visit: [cfmhas.org.uk](https://cfmhas.org.uk)

## Genetics and mental health

The Centre for Neuropsychiatric Genetics and Genomics (CNGG) at Cardiff University conducts world-leading research into how genetics can help us better understand mental health conditions and their causes.

Following 10 years of successful infrastructure funding from the Medical Research Council, the Centre transitioned to become a Cardiff University Centre in October 2022.

CNGG brings together over 200 staff with backgrounds in clinical psychiatry and neurology, molecular genomics, statistical genetics, bioinformatics and data science and constitute Europe's largest psychiatric genomics group.

The Centre works in tandem with NCMH and has benefitted throughout its work from the Public and Patient Involvement and Engagement (PPIE) and cohort development work.

During 2022-2023 we initiated and rolled our recruitment for the UK MINDS (joint NCMH and CNGG) project, in partnership with Akkrivia Health and Janssen (page 8). The project is now employing 14 people in Cardiff University under NCMH and delivering an innovative and transformational project recruiting people with severe mental illness and dementia with state of the art whole genome sequencing data to be linked with NHS electronic health record resources.

The Centre has continued to work in partnership with NCMH in training the next generation of mental health professionals and researchers through our Summer School in Brain Disorders Research.

NCMH's co-production and engagement activity with patients and the public has been instrumental to the work of CNGG in 2022-2023. This has included patient consultation and contributions for existing projects (UK MINDS and LINC MRC Multimorbidity programme grant (PI Van den Bree), as well as successful training and postdoctoral research fellowships (four awarded in last year) and high profile grant applications (MRC CoRE and UKRI Mental Health Platform Hub bid led by Cardiff).

This year saw the launch of the All Wales Psychiatric Genomics Service (AWPGS), a partnership between the CNGG, NCMH and the All Wales Medical Genomics Service.

The AWPGS is a tertiary service established to deliver genetic counselling to individuals and families affected by mental illness, and support the professionals involved in their care. The service is delivered by a multidisciplinary team of genetics and mental health professionals, developed from the needs of people with lived experience of mental ill-health and aims to provide comprehensive, multidisciplinary advice, genetic information and access to genetic testing, where appropriate, for people who are genetically more likely to experience a mental health disorder.

The clinic is led from the Hadyn Ellis Building, Cathays and since its establishment has seen 35 individuals. To find out more about the



**Professor James Walters**  
Director of CNGG  
[cardiff.ac.uk/cngg](http://cardiff.ac.uk/cngg)



*AS Sioned Williams, Becci Frost, Professor di Florio, and Laura Murphy from IAPMD*

Working with our third sector and industry partners has been essential to reach wider audiences, especially around under-represented conditions.

Our work in PMDD (page 9) has benefitted greatly from our partnership with the International Association of Premenstrual Disorders (IAPMD)

Working with IAPMD enabled us to co-create an information leaflet for patients, families, educational and healthcare professionals to use when advocating for a diagnosis.

We also had the opportunity to support an event held at the Senedd in Cardiff Bay, which was organised by PMDD advocate Becci Frost and sponsored by MS Sioned Williams, pictured above. Not only did we have a chance to raise awareness of the condition in conversation with the public, MS Williams also raised the topic in the Senedd chamber following the event.

### **Improving understanding of Postpartum Psychosis**

We are sharing our expertise in perinatal mental health and delivering training to healthcare professionals across the UK, through a continued partnership with Action on Postpartum Psychosis (APP).

Working with Dr Sally Wilson, APPs national training coordinator, and other members of the APP team, NCMH Director Professor Ian Jones continues to support the development of a

training programme, which includes whole-day workshops and smaller bite size sessions in other perinatal mental health study programmes.

This year, five in-depth workshops have been held online and across the UK, reaching 83 health care professionals. During the workshops, an expert by experience and a consultant perinatal psychiatrist work with the attendees to increase their understanding of postpartum psychosis.

By utilising clinical experience, cutting-edge research, and the real experiences of affected women and families, the training looks to develop expertise and empathetic understanding. The feedback has been excellent and 100% of the attendees would recommend the workshop to other health professionals working in the perinatal period:

“I thought this training was excellent. It was invaluable to hear lived experience and I felt confident in the absolute expertise of everyone included. It helped me understand the evidence base to inform my clinical work.”

Additionally, in the last year, in partnership with the NCMH, APP have reached 1,779 different health professionals and researchers with lived experience and research update talks across 41 different events. These have included conferences, webinars, university teaching sessions, and NHS perinatal mental health study days.



## Learning Disability research

*The Engage to Change research team welcomed Jayne Bryant MS (front row fourth from right)*

Our Learning Disability Research Team evaluates the work of the Engage to Change (E2C) project which aims to create and support employment opportunities by working with young people and employers across Wales.

E2C has worked with a total of 1,070 young people (16-25) who are autistic and/or have a learning disability, providing 451 paid placements and 420 paid jobs, achieving an overall employment rate of 39% (compared with the UK figure of 4.8%).

The research team continued their focus on public involvement, engaging with past project participants and project Lead Ambassador Gerraint Jones-Griffiths to co-produce and present research findings through Easy Read reports and accessible videos.

Presentations across Wales were also delivered to Local Authorities, Health Boards and education providers with the research team supporting young people with learning disabilities as co-presenters.

Over the last year the team have continued to raise the profile of supported employment by using E2C data to inform policy through membership of Welsh Government's Disabled People's Employment Group, and through presentations to Welsh Government policy and Learning Disability Strategy groups.

The team welcomed Jayne Bryant MS, pictured above, who visited NCMH to learn how Engage to Change is supporting the next generation of young people with learning disabilities into employment. Ms Bryant also met with Tyler Savory and Andrew Worsey, who both gained paid employment within the National Centre for Mental Health following their E2C Project SEARCH internships at Cardiff University.



Our LD team have recently been successful in obtaining a further 18 months funding to continue impact and co-production work under the Engage to Change Project across Wales.

Read more about the Engage to Change project:  
[ncmh.info/engage-to-change](http://ncmh.info/engage-to-change)

## Involving and engaging the public

People with lived experience of mental health conditions are at the heart of our work at NCMH. Along with the participants who take part in our research, and those that share their experiences to champion what we do, our public contributors play a vital role in ensuring our work makes a difference.

Our public contributors include those with lived experience of mental health conditions as well as their carers and families. They have worked with us on a broad range of activities over the past year to guide our research.



**public contributors  
helping to shape research**

This has included giving feedback on grant applications, project work such as reviewing study materials, as well as working on strategy and governance, taking part in filming, podcasts and talks, through to being co-applicants on funding bids.

Our PÂR lived experience group continues to provide invaluable guidance to mental health researchers across the UK.

Members of our public advisory groups have enjoyed an active programme of meetings, and it has been wonderful to meet more

members in person as we continue to increase the number of face to face meetings and events that we hold.

Public contributors from the Post-traumatic Stress Disorder (PTSD) Public Advisory group organised the second Traumatic Stress Wales conference in Cardiff, following last year's success with the inaugural event.

Members of our Young People's Advisory Group, joined members of the Wolfson Centre's group for a face-to-face project meeting looking at ADHD and gender in young people.

Our UK MINDS project advisory groups meets regularly, providing crucial insights to guide recruitment.

Some of our public contributors have moved on, and we give our thanks for all their contributions during their time working with us.

We have been pleased to welcome some new members to our advisory groups, and hope that they enjoy being part of our work.

To find out what opportunities we have for people with lived experience, please get in touch [par@cardiff.ac.uk](mailto:par@cardiff.ac.uk)



**Dr Sarah Rees**  
Public involvement lead



## Innovative events

It has been wonderful to get back into the swing of our public engagement activity this year.

With so many new recruitment opportunities for people to take part in, we have been busy raising awareness of lesser-known conditions and how people can get involved to help our researchers learn more.

In May, we held a Postpartum Psychosis webinar in partnership with Action on Postpartum Psychosis, where we welcomed Dr Sally Wilson, APPs national training coordinator, and Zebunisa who shared her personal experience of the condition. Chaired by NCMH Director Professor Ian Jones, Professor Arianna di Florio also joined the session to share the latest in postpartum psychosis research.

In addition to events we host, we have strengthened our links with the School of Medicine engagement team at Cardiff University, and supported events such as Science in Health Live, which offers an insight to STEM subjects at the University for sixth form students.

As well as raising awareness with the general public, NCMH is also working to inform and inspire the researchers of tomorrow. In partnership with the Centre for Neuropsychiatric Genetics and Genomics, we hosted 55 attendees at the Summer School for Brain Disorders Research.

It has also been a pleasure to support the events of our fellow Health and Care Research Wales funded organisations, such as when we ran an activity stand at Gene Park Wales' busy Techniquet: Genomics After Dark event in October.

As part of our activity to mark World Mental Health Day, we hosted a webinar in association with the International Association for Premenstrual Disorders (IAPMD) which was attended by more than 60 people internationally and discussed the myths and misconceptions of PMDD (page 9) from a clinical and lived experience perspective.

Continuing our partnership with IAPMD, in April 2023 we participated in Premenstrual Disorders Awareness Month through a series of social media activities, online panel discussions, and in-person events, including an event in the Senedd in Cardiff Bay.

Our work with IAPMD has meant an opportunity to develop new resources such as a leaflet on the condition as well as new animation which will offer a short introduction to the condition to help raise awareness and understanding with family and friends of those impacted by the condition. This will be available later in 2023.

Visit [youtube.com/NcmhInfoWales](https://www.youtube.com/NcmhInfoWales) to watch webinars and animations from this year's research and events.

# The way forward

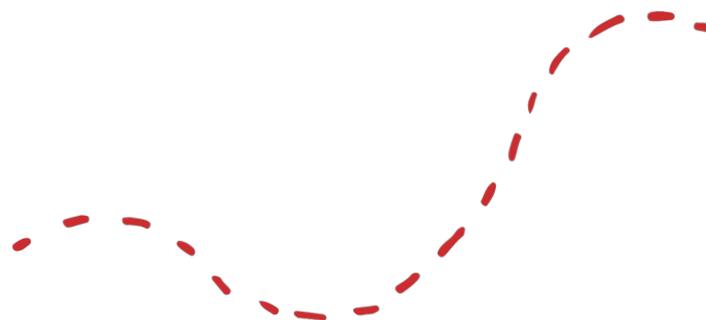
We hope you have enjoyed reading about NCMH activity over the last year, We are very proud of what we have achieved but are aware that this is the result of close collaboration with our academic partners, clinical services, the third sector and, most importantly, those with lived experience of mental health conditions.

Central to collaboration and relationships are people. Over the last year we have been sad to see some members of the team move on, but proud to see them take on exciting new challenges. We have also been delighted to significantly expand our team, welcoming those who are joining us on this exciting journey.

In the last year, post pandemic, we are exploring new opportunities but are still facing many challenges. It's been fantastic to have more interactions face to face after so long relying on online meetings and it's been great to re-launch projects that were paused due to COVID-19.

What has become clear, however, is that the NHS remains under great pressure, and this is making recruiting to research studies more challenging.

Our task is to work with services to find a way forward, to build again our portfolio of work. This will undoubtedly provide many challenges, but it is our belief that research is important and can make a massive difference to those who struggle with their mental health.

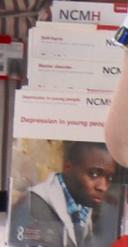




**NCMH**

National Centre for Mental Health

**Mental Health Research:  
Help us change lives**



**NCMH**  
National Centre for Mental Health



Ymchwil Iechyd  
a Gofal Cymru  
Health and Care  
Research Wales



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government

The National Centre for Mental Health is funded by Welsh Government through Health and Care Research Wales.

Mae'r adroddiad hwn hefyd ar gael yn Gymraeg. I ofyn am gopi, cysylltwch â [info@ncmh.info](mailto:info@ncmh.info)



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 @ncmh\_wales  
 @thencmh