



# PFRG Newsletter

ISSUE 1

DECEMBER 2018

## Hello & Happy Holidays!!!

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*Welcome to the new PFRG Newsletter!*

We plan to make this a regular publication that provides the group with information on latest developments, dissemination success and other relevant announcements. We welcome and encourage your contributions for articles in the newsletter and suggestions for future coverage.

To get in touch, see contact details under “*Meet the Newsletter Team*” at the bottom of Page 3.

### **A Festive Lunchtime...**

Join the Christmas festivities at this year's carol concert on Thursday 20<sup>th</sup> December at 1pm. A festive way to wrap up the year, join the St Peter's House team as they lead the annual carol concert in the beautiful surroundings of Whitworth Hall. This year's collection will be given to [The DePaul Trust](#), a charity that works with homeless young people.



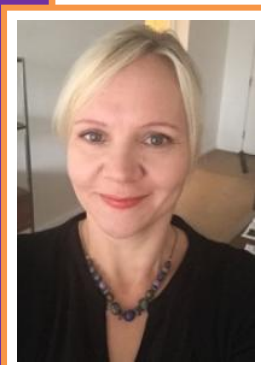
## Message from Anja

Dear Colleagues,

Welcome to this first issue of the PFRG newsletter. Over the coming year, we plan to have more regular meetings to share ideas and knowledge on research methodologies, dissemination, acknowledging the impact of our research, planning future funding applications, and more. We look forward to the exchange of knowledge and news in upcoming meetings and via the newsletter.

I'd like to take this opportunity to wish you all a merry Christmas and a happy New Year!

*Anja*



## Current Funded Studies (Progress Updates)

The **THRIVE** study: **Trial of Healthy Relationship Initiatives for the Very Early years**; led by Dr. Marion Henderson and funded by NIHR Public Health Research (<http://thrive.sphsu.mrc.ac.uk/>).

*Progress update:* THRIVE is now on the home stretch. We have been busy coding videos (thanks to Charlotte Garrett who is now on maternity leave, and Cathy Shone). We welcome Amber and Sabina to the team to assist in the coding of the videos using a new method (the Mellow Parenting Observation System; MPOS), which assesses positive and negative interactions between parent and child.

The **IMAgINE** study: **Enhancing maternal and infant wellbeing: A feasibility trial of the Baby Triple P Positive Parenting Programme for mothers with severe mental health difficulties**; led by Dr Anja Wittkowski and funded by the NIHR RfPB.

*Progress update by Paula Duxbury:* Recruitment to the intervention part of the IMAgINE study ended on 30 April 2018 with 34 mothers randomised to receive treatment as usual (TAU) or TAU + Baby Triple P. All mothers have completed the intervention, and we have interviewed 7 of them about their experiences of Baby Triple P. We are currently interviewing staff at the two sites (Manchester and Birmingham; 11 interviewed so far) about their insights into all aspects of the study. We are looking forward to completing the quantitative and qualitative analyses and being able to share our findings very soon (by April 2019).

## CONGRATULATIONS!



A big congratulations...

- **To six ClinPsyD students: Altaf Suma, Kathleen Baess, Beth Ruffell, Brendan Hore, Midori Lumsden & Claire Blakeley** have graduated and most of them have taken up NHS posts. Beth's, Brendan's, Midori's and Claire's research will be presented at the **Division of Clinical Psychology Conference** in January 2019. Beth and Claire already presented their research at the **Society for Reproductive and Infant Psychology Conference** in Poland in September 2018.
- **Lauren Wolfenden** (nee Stockton) passed her PhD on parenting and psychosis.

## PFRG Update Meetings

At our last meeting (held on 12<sup>th</sup> September 2018), Holly Reid presented an interesting outline of her PhD research investigating perinatal suicide.

It was also discussed that monthly future meetings would be beneficial as a good way to forge new collaborations for future projects and grant applications.

In addition, there was consensus that the group provides a unique and valuable opportunity for members to present ideas and plans, and to get peer feedback.

***Our next meeting will be held early 2019 (TBC). If you have a suggestion for our next meeting, please do get in touch (contact details bottom of p.2).***

## Current Student Research

**Holly Reid** (2017-2021; PhD): *The psychological risk and protective factors of suicidality in mothers with severe mental health difficulties: A mixed method study.* Supervisors: Anja Wittkowski, Dan Pratt & Dawn Edge.

**Elizabeth Osborn** (2016-2019; ClinPsyD): *Women's experiences of receiving a diagnosis of Premenstrual Dysphoric Disorder.* Supervisors: Anja Wittkowski & Joanna Brooks.

**Rebecca Forde** (2016-2019; ClinPsyD): *Postpartum psychosis: Women's and families' experiences of and preferences for psychological intervention.* Supervisors: Anja Wittkowski & Sarah Peters.

**Jennifer Butler** (2016-2019; ClinPsyD): *Feasibility of a self-directed parenting intervention for families with mental health difficulties.* Supervisors: Anja Wittkowski, Lynsey Gregg & Rachel Calam.

**Hope Adderley** (2016-2019; ClinPsyD): *Exploring the beliefs adult mental health practitioners hold about parents with psychosis, their parenting needs, and the role of the practitioner: A Q methodological investigation.* Supervisors: Lynsey Gregg, Anja Wittkowski & Rachel Calam.

**Gayathri Sundersan (UG) & Antonia Collinson** (MRes) (2018-2019) will evaluate the Solihull Antenatal Programme offered to parents in the City of Salford.

**Rebecca Knight** (2017-2020, ClinPsyD): *Neurodevelopmental outcomes in children exposed to Topiramate in the womb.* Supervisors: Rebecca Bromley & Anja Wittkowski.

## Some upcoming Conferences

**9<sup>th</sup> World Congress of Behavioural and Cognitive Therapies WCBCT – Berlin, 17<sup>th</sup>-20<sup>th</sup> July 2019**

**Main call for papers closes in less than a month...**

Deadline for papers: 6<sup>th</sup> January 2019  
Deadline for posters: 17<sup>th</sup> February 2019. *Anyone who would like to consider joining a symposium with Anja at the WCBCT, please get in touch ASAP.*

**Helping Families Change Conference (HFCC) – Brisbane, 5<sup>th</sup>-7<sup>th</sup> February 2020** (deadlines TBC)

**World Association for Infant Mental Health (WAIMH) – Brisbane, 7<sup>th</sup>-11<sup>th</sup> June 2020** (deadlines TBC)

## PERINATAL MENTAL HEALTH

Anja Wittkowski gave talks on Perinatal Mental Health internally this Summer, and at Royal Holloway this December.

We are delighted that Anja is now the BPS Representative for the Perinatal Clinical Reference Group for NHS England.

Perinatal Mental Health is on the agenda! See the [Next Steps on the Five Year Forward View](#), and the [NHS England Perinatal Mental Health Transformation Programme: A Chance for Real Change](#).

## Meet the Newsletter Team

Please get in touch! We welcome and encourage your contributions for articles in the newsletter and suggestions for future coverage. Our contact details:

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