



# PFRG Newsletter

ISSUE 2

MARCH 2019

## Welcome!

*Welcome to the second edition of the PFRG Newsletter!*

Since our last edition in December 2018, we had our first PFRG meeting of the year, we are working on updating our website and we have started using our Twitter account (@parentingUoM).

We would like to give a warm welcome to Paula who started working on the IMAGINE study on the 18<sup>th</sup> of February and to Gokce who started working on the SPARCS project on the 25<sup>th</sup> of February. Find out more on page 2.

We are also very excited to announce that Dr Sam Hartley will be joining PFRG. She's leading the Children and Young People's Mental Health Research Section in PFRG (read more on page 3).

Since we are always looking for exciting news and updates, we encourage you to send us your contributions for articles in the newsletter and suggestions for future coverage. You can find our contact details on Page 4.

*Sabina & Amber (THRIVE study research assistants)*

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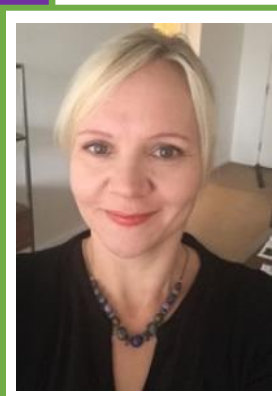
## Message from Anja

Dear Colleagues,

It has been a great start of the year! We had our first PFRG meeting on 6 February 2019 which was a great success. Going forward, we will be arranging more PFRG meetings, regularly update our Twitter feed and website as well as share information regarding relevant conferences and grants with our colleagues. We welcome your contributions to the newsletter, Twitter and the website.

Our next PFRG meeting will be on 13 March 2019 and I hope to see you there!

*Anja*



## Welcoming New Staff

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 (NIHR-funded; CI: Dr Anja Wittkowski). Staff interviews have now been completed in Manchester and Birmingham and the qualitative data analysis is ongoing.

Welcome to **Paula Gomez Perez** who recently joined our team and who will focus on data analysis in the study. Paula holds a BSc in Psychology (completed in Colombia) and an MSc in Health Psychology (completed in the UK). She has previously worked in healthcare and research settings, mainly delivering wellbeing health promotion advice to individuals and communities.

### The IMAgINE study dissemination event will take place in May at the University.

The **SPARCS** study: An evaluation of the Solihull Antenatal Programme for expectant parents in the city of Salford (CI: Dr Anja Wittkowski). This Programme aims to improve parents' and children's emotional health and wellbeing in the antenatal period. There are three overarching studies: studies 1 and 2 explore the acceptability of the programme with parents and staff, and study 3 evaluates the feasibility of the Programme.

Welcome to **Gokce Cokamay Yilmaz**, who recently started working on the SPARCS study as a research assistant. Gokce's background is in educational psychology and in December 2018, she completed her PhD at Ankara University, Turkey. Her PhD evaluated the effectiveness of a parent training program for parents with children aged 7 to 11. During her postgraduate studies, she worked as a school psychological counsellor and in 2018, she was an honorary research assistant for Professor Rachel Calam and Dr Anja Wittkowski.

## Congratulations!

Anja won the runner-up poster prize at the British Psychological Society (BPS) Division of Clinical Psychology (DCP) Annual Conference on the 24<sup>th</sup> of January 2019 in Manchester, which was entitled: "**Women's experiences of anxiety during pregnancy: An interpretative phenomenological analysis**". *Authors: Drs Brendan Hore, Debbie Smith & Anja Wittkowski.*

Anja was also invited to present at the Classical Homocystinuria Patient-Expert Meeting in Rome on 28 February - 1 March 2019. Her talk was entitled: "**The challenges of parenting a child with phenylketonuria (PKU): Parents' lived experiences**".

## PFRG Update Meetings

At our last meeting (on 6 February 2019), we welcomed new members to PFRG, gained feedback on the first issue of the newsletter, discussed ideas for the future meetings and newsletters and heard an interesting talk from Usman and Ameer about the "**Learning through play**" study in Pakistan (more info can be found here: <https://clinicaltrials.gov/ct2/show/NCT03379077>).

If you are interested in finding out more about this study, please e-mail:

- Usman [usman.arshad@pill.org.pk](mailto:usman.arshad@pill.org.pk)
- Ameer [ameer.bukhsh@pill.org.pk](mailto:ameer.bukhsh@pill.org.pk)

***Our next meeting will be held on Wednesday 13 March 2019. If you would like to present your work, please get in touch (contact details on Page 4).***

## Children and Young People's Mental Health Research Section

Hello!

I'm Sam Hartley, a clinical psychologist and honorary lecturer with the university, as part of an NIHR/HEE Integrated Clinical Academic Research Fellowship. My research interests are therapeutic alliance, staff support, formulation, outcome measurement and trauma, particularly in relation to adolescents. My clinical work is on a complex long-stay inpatient ward for 13-18 year olds: the Horizon Unit. I have a long history with the division, having done various research roles, my PhD and ClinPsyD here.

Traditionally, Manchester has produced research focused on serious adult mental illness and parenting, in particular. However, several researchers in the division have started to develop and deliver research in relation to children and young people, including mental health in schools, needs assessment, offending behaviour and self-harm. Recently, we met to discuss our areas of interest and ways to make our approach to this work more joined-up and strategic. The first step to this is creating a section within the Parenting and Families Group focused specifically on children and young people's mental health. Our aims are to ensure opportunities for collaboration within the division and with our partners, such as Pennine Care NHS Foundation Trust, which recently launch a Young People's Mental Health Unit, of which I am part (*pictured at the launch day*).

Please get in touch if your research covers this area and we will work with the Parenting and Families Research Group to create a process that works to support effective communication and collaboration.

Dr Samantha Hartley; [samantha.hartley@manchester.ac.uk](mailto:samantha.hartley@manchester.ac.uk), Twitter: @HartleySamantha



### Young people's mental health **RESEARCH UNIT**

#### Did you know?

- Only a small percentage of mental health research is focused on young people
- At least 1 in 10 children will experience a diagnosable mental health condition.
- 50 per cent of issues develop by the age of 14 years and 75 per cent by 24 years
- The effects of mental health issues can last a lifetime
- This is why we have created a dedicated young people's mental health research unit.

#### Our vision

To become an international pioneer of research to support the delivery of world class and sustainable mental health services for young people.

#### Further details

If you would like to know more or get involved:

- Visit [www.penninecare.nhs.uk/ypmh-research-unit](http://www.penninecare.nhs.uk/ypmh-research-unit)
- Email [pcn-tr.ypmhresearchunit@nhs.net](mailto:pcn-tr.ypmhresearchunit@nhs.net)
- Phone 0161 716 3086 or 0161 716 3497



## Upcoming Conferences

- **Children and Childhoods Conference in Ipswich, 16-17 July 2019** (*abstract deadline 15/03/2019*)
- **World Congress of Behavioural and Cognitive Therapies (WCBCT) in Berlin, 17-20 July 2019** (*abstract submission has passed, Anja's symposium has been accepted*)
- **British Association for Behavioural & Cognitive Psychotherapies (BABCP) in Bath, 3-5 September 2019** (*abstract deadline 25/03/2019*)
- **Society for Reproductive & Infant Psychology (SRIP) in London, 5-6 September 2019** (*abstract deadline 12/04/2019*)
- **Helping Families Change Conference (HFCC) in Brisbane, 5-7 February 2020** (*deadlines to be announced*)
- **World Association for Infant Mental Health (WAIMH) in Brisbane, 7-11 June 2020** (*deadlines to be announced*)\*
- **The International Marce Society for Perinatal Mental Health in Iowa, USA, 5-8 October 2020** (*deadlines to be announced*)

*\*if you are interested in joining a possible WAIMH symposium, please get in touch with Anja ([anja.wittkowski@manchester.ac.uk](mailto:anja.wittkowski@manchester.ac.uk)) or with Holly ([holly.reid@manchester.ac.uk](mailto:holly.reid@manchester.ac.uk))*

## Upcoming grant calls

- **NIHR Research for Patient Benefit Programme (RfPB), deadline: 20 March 2019** (stage 1)

Applications are invited for research proposals that are concerned with the day-to-day practice of health service staff, and which have the potential to have an impact on the health or wellbeing of patients and users of the NHS. Details here: [www.nihr.ac.uk/funding-and-support/themed-calls](http://www.nihr.ac.uk/funding-and-support/themed-calls)

- **Global Maternal and Neonatal Health, deadline: 24 April 2019**

This call aims to address the burden of maternal and neonatal mortality and morbidity in low and middle income countries (LMICs). Awards will support multidisciplinary approaches, build and strengthen research partnerships, and promote capacity building in global maternal and neonatal health research. Details here: <https://mrc.ukri.org/funding/browse/global-maternal-and-neonatal-health/global-maternal-and-neonatal-health-2019-outlines/>



## Twitter + website

- Follow our Twitter page: <https://twitter.com/parentinguom>
- Our PFRG website: <http://research.bmh.manchester.ac.uk/pfrg/>

## Maternal Mental Health (MMH) Awareness Week 29 April-3 May, 2019

This year's theme is #MakingOverMotherhood.

Find out more here: [www.thebluedotproject.org/mmhweek2019](http://www.thebluedotproject.org/mmhweek2019)

## 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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