



**The Centre for Psychological Services Research  
(CPSR)**

2009 Report

3<sup>rd</sup> Annual Report to CPSR Advisory Board

3 February 2010

## THE CENTRE FOR PSYCHOLOGICAL SERVICES RESEARCH (CPSR)

### Background

The Centre for Psychological Services Research (CPSR) is a cross-Faculty, University of Sheffield research centre, a collaboration between the University's School of Health & Related Research (SchARR) and Department of Psychology. The Centre is headed by Professor Michael Barkham within an executive group of senior investigators comprising Professors John Brazier (SchARR), Gillian Hardy (Clinical Psychology Unit/Psychology) and Glenys Parry (SchARR). Professor Parry leads the mental health group including CPSR staff within SchARR.

The Centre is the only one of its kind with specific expertise in Psychological Services Research (PSR) that combines the techniques and disciplines of Health Services Research and those of psychological research. The aim is to improve decision-making, quality, and outcomes of psychological services treating people with mental or physical health problems. These services are an area of major growth in the healthcare system, and a high policy priority in the Department of Health. A hallmark of the new Centre is its espousal of equipoise in researching the diversity of psychological therapies, as well as its openness to the array of rigorous research methodologies. We have a growing network of collaborative links with research-active NHS staff and a good partnership with South Yorkshire CLRN in hosting their mental health clinical studies officers, providing support for NHS co-operation with research. We place an emphasis on patient and public involvement and work closely with service users.

The Centre was formally launched in November 2007 with a one-all day event, including guest presentations from international and national researchers. We have organised seminars, workshops, 'time-outs' and newsletters to foster inter-faculty working. Under the aegis of the Centre we have fostered new collaborations for grant applications and publications. Our record of grant capture has improved since we can call on the 'brand' of CPSR as a unique centre of excellence for this type of research. We believe this has much future potential.

Our strategy over the forthcoming year – 2010 – will be to enhance the infrastructure of CPSR by investing in capacity building with a particular focus on securing aspiring early and mid-career practitioner-scientists in key positions within CPSR. In addition, we aim to promote the philosophy and work of CPSR via a blend of high-quality academic publications and events focusing on the application of research findings to routine practice.

### Active CPSR-led grants at end of 2009

1. Barkham (PI) et al. (+ Hardy, Mason, Parry, Rick, Saxon, Turpin): (2008-2011) Evaluation of the Community Veterans Mental Health Pilot sites [Funding: MoD; £120,000]
2. Brazier (PI) et al. (+ Barkham): (2008-2010): Development and testing of methods for deriving preference-based measures from condition specific measures. [Funding: NIHR HTA Methods Programme; £151,000]
3. Brazier (PI) et al. (+ Barkham, Parry): (2008-2011) Validating generic preference based measures of health in mental health populations and estimating mapping functions for widely used and specific measures [Funding: MRC/NIHR Methodology Board; £230,000]
4. Parry (PI) et al. (+ Barkham, Dent-Brown, Freeman, Hardy): (2008-2012) Collaborations for Leadership in Applied Health Research and Care - Improving Quality and Effectiveness of Services Therapies and Self-management of longer-term depression (IQUESTS) [Funding: NIHR CLAHRC; £357,229 + £337,229 matched NHS and UoS funding]
5. Parry (PI) et al. (+ Barkham, Chambers, Curran, Dryden, Saxon): Understanding and preventing adverse effects of psychological therapies: AdEPT [Funding: RfPB; £250,000]
6. Cooper (PI) et al. (+ Parry): (2007-10) – Computerised cognitive behavioural therapy for the treatment of depression in people with MS: Pre-clinical trial [Funding: Multiple Sclerosis Society; £244,718].
7. Parry (PI) et al. (+ Barkham, Brazier, Dent-Brown, Hardy, Rick, Saxon): (2006-2010) - Evaluation of the IAPT demonstration sites [Funding: NIHR SDO; £489,346]

### Active CPSR-partner grants at end of 2009

1. Barkham as co-applicant in Richards (PI) et al. (University of Exeter); (2008-2012) - Multi-centre randomised controlled trial of collaborative care for depression [Funding: MRC; £2,287,916]
2. Barkham as co-applicant in Wheeler (PI) et al. (University of Leicester) (2008-09) – Developing a supervision research network [Funding: BACP; £8,000]
3. Hardy as a co-applicant in West (PI) et al. (Aston University); (2008-2011) – Effectiveness of multi-professional team working (MPTW) in mental health care [Funding: NIHR SDO]
4. Hardy as co-applicant in Byng (PI) et al (Penninsula) (2009-12) – South West IAPT evaluation project [Funding: South West SHA; £300,000]
5. Parry, Cooper & Barkham as co-applicants in Gilbody (PI) et al. (University of York); (2008- 2011) – REEACT: A randomised trial of the clinical effectiveness, cost effectiveness and acceptability of computerised Cognitive Behavioural Therapy (computerised CBT) versus anti-depressant medication for major depression [Funding: NIHR HTA; £1,488,378]
6. Slade as co-applicant (2009-11) – Self-hypnosis for intrapartum pain management (SHIP) [Funding: NIHR RfPB; £239,753]
7. Slade as co-applicant (2009-13) – Psychological approaches for preventing perinatal depression antenatally – Cluster randomized controlled trial of community midwifery training [NIHR Leicester, Northants & Rutland CLAHRC; £555,463 plus matched funding]

8. Wheeler (PI) & Barkham (Universities of Leicester & Sheffield) (2009-11) – ESRC Seminar Series – Supervision research [Funding: ESRC; £18,000]

### Active CPSR-led consultancy projects at end of 2009

1. Parry (PI) et al. (+ Barkham, Blackmore, Brazier, Saxon): Evaluating eClinics for people with mental health problems [Funding: City of London Digital Inclusion Team; £19,500 + £6,394 additional option]
2. Parry (PI) (+Saxon, Houghton): Evaluating Training in Islamic Principles of Wellbeing. [Funding: Yorkshire & Humber Improvement Partnership; £13,800.

## 2009 SELECTED PUBLICATIONS

### Psychological therapies and evidence

1. **Barkham, M.** (2009). Brief psychotherapies: the evidence. *Healthcare, Counselling and Psychotherapy Journal*, 2, 3.
2. Clarke, J., & **Barkham, M.** (2009). Tribute to Phil Richardson - Evidence *de rigueur*: The shape of evidence in psychological therapies and the modern practitioner as teleoanalyst. *Clinical Psychology Form*, 202, 7-11.

### Process & models of psychological therapies

3. Goodridge, D., **Hardy, G.** (2009). Patterns of change in psychotherapy: An investigation of sudden gains in cognitive therapy using the assimilation model. *Psychotherapy Research*, 19, 114-123.
4. **Kellett, S.**, & Bolton, J.V. (2009). Compulsive buying: A cognitive-Behavioural model. *Clinical Psychology and Psychotherapy*, 16, 83-99.

### Practice-based and service research

5. Marriott, M., & **Kellett, S.** (2009). Evaluating a cognitive analytic therapy service: Practice-based outcomes and comparisons with person-centred and cognitive-behavioural therapies. *Psychology and Psychotherapy: Theory, Research and Practice*, 82, 57-72.
6. Peters, J., **Parry, G.D.**, Van Cleemput, P., Moore, J., Cooper, C.L., Walters, S.J. (2009). Health and use of health services: A comparison between Gypsies and Travellers and other ethnic groups. *Ethnicity and Health*, 14, 359-377.

### Measures and measurement

7. Pyne, J.M., Fortney, J.C., Tripathi, S., Feeny, D., Ubel, P., **Brazier, J.** (2009). How bad is depression? Preference score estimates from depressed patients and the general population. *Health Services Research*, 44, 1406-1423.
8. Twigg, E., **Barkham, M.**, Bewick, B.M., Mulhern, B., & Cooper, M. (2009). The YP-CORE: Development and validation of a young person's version of the CORE-OM. *Counselling and Psychotherapy Research*, 9, 160-168.

## Presentations

1. **Barkham, M.** (2009, January). The effective practitioner: Therapies, therapists, toolkits & teleo-analysis. Keynote Address, British Association of Sexual & Relationship Therapy, London.
2. **Parry, G.** (2009, November). Evaluation of IAPT pilot sites in Doncaster & Newham: some preliminary findings. Keynote Address, Psychological Therapies in the NHS: Research, Practice & Policy. Savoy Place, London.

## Events

1. *Routine outcomes, case tracking, and feedback systems in the psychological therapies.* (2009, November). Master Class with Michael Lambert (USA), Wolfgang Lutz (Germany) and John Mellor-Clark (UK). Sheffield.

*Michael Barkham*  
*3 February 2010*