Mental Health Trials and YTU

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Mental health research @ York

- Mental Health & Addictions Research Group (MHARG) founded in 2005
- Life course approach: research across the age span
- Primary care, population, epidemiological and economic approach
- Clinician-scientists & methodologists
- £25M+ externally-generated research income
- Lead Mental Health in the Yorkshire and Humberside CLAHRC
- Successful partnership with YTU
Multi-morbidity (with a twist)

Two statistics:
- People with schizophrenia die 25 years early
- People with 2 or more LTCs – 40% will have depression or anxiety
Depression & LTCs: a silent killer

- No Diabetes, No Depression
- No Diabetes, Depression Present
- Diabetes Present, No Depression
- Diabetes and Depression Present

Follow-up (years) vs Percent Alive
QUESTION: Depression is common amongst older people with LTCs. Can we deliver psychologically-based interventions at scale to prevent and treat depression?

INTERVENTION: brief behavioural treatments (via phone) to activate older people with various severities of depression

FINDING: we halved the chances of being depressed and improved QoL at 12 months. £10,000/QALY
The Mortality Gap in Severe Mental Ill Health
SCIMITAR: the first UK trials to help people with schizophrenia to quit smoking

- **QUESTION:** 80% people with schizophrenia smoke. Single most important modifiable risk factor. can help them quit?
- **INTERVENTION:** modified the standard NHS quit programme and delivered it in mental health settings
- **FINDING:** pilot = doubled chances of quitting. Full trial n=603. find out in 8 months

Generating evidence

Informing national policy

Transforming local services
Delivering mental health research at scale in the NHS

Trials in this area are challenging

- We deliver complex trials at the primary-secondary care interface
- Largest trials to date in the areas we research
- To time and to target
Thank you YTU

Looking forward to another 21 years!