

Research Newsletter

Issue 2 2025 (June)



Foreword by Dr Hannah Armitt (Senior Clinical Research Psychologist, Research Team)

I have always loved spending time outdoors and noticed how interacting and spending time in nature improves my mood. I am increasingly interested in the benefits of nature for mental health and wellbeing - both in my clinical practice and when developing research studies. We live in such a beautiful part of the world with some exceptional areas of wildlife just on our doorstep including the Yorkshire Wolds, Moors and the Yorkshire coast.



Research increasingly evidences the benefits of engaging in outdoor and nature-based activities. A daily 'dose' of nature can have measurable impacts on a whole range of health and wellbeing measures. We also know from research that it doesn't have to be 'big' natural experiences like visiting a national park. We can find pleasure and increase our wellbeing through engaging in small fascinating moments such as just listening to bird song.

As we move into the summer months it's a great pleasure to begin work on the CONIFAS-2 study. This NIHR-funded study is the second Trust sponsored study which has a strong nature focused theme. We will be looking at bringing a co-produced nature intervention for children with ADHD diagnosis into clinical services. We created this intervention in an earlier study with a wonderful team of young people, parents, carers and professionals. We also have the FINCH Forest School study ongoing and have had some wonderful engagement with local schools when recruiting for this study. We hope to share lots more updates on the CONIFAS-2 study as we move forward. In the meantime, grab a cup of tea or juice and get outside for a few minutes it's good for your health!

8th Annual Research Conference 19 November 2025

Online places still available. In-person places 'sold out'.

Confirmed speakers include:

Dr William Bird MBE, GP and CEO, Intelligent Health Ltd,

Dr Austen El-Osta, Director, Self-Care Academic Research Unit, Imperial College London

Prof Emma Wolverson, Professor of Ageing and Dementia, University of West London

Prof Tom Phillips, Professor of Nursing in Addictions, University of Hull

Claire Marshall, Specialist Perinatal Mental Health Nurse/Clinical Lead, Humber Teaching NHS FT

Caroline Brundle, Senior Research Fellow, Academic Unit for Ageing and Stroke Research

Dr David Zendle, Director, Smart Data Donation Service. University of York.

Plus many more.

To book your online place please click on this link - <https://www.trybooking.com/uk/EPOM>

Studies we need your help with please

Visual Hallucinations

We can now confirm that Vision Quest, which aims to understand patient experiences of visual hallucinations has been extended to 2026.

We are looking for people with psychosis, aged between 16-65, and experiencing visions (present within the last 4 weeks).

- To complete a questionnaire on a range of measures.
- Participants will receive a £10 voucher for their time.



If you experience visions (visual hallucinations) and psychosis, you may be able to take part in our questionnaire study.

If you would like to hear more, please contact Humber Teaching NHS Foundation Trust on 01482 301726

or EMAIL HNF-TR.ResearchTeam@nhs.net or speak to your care team who can contact our researchers.

For more information, scan here:



Recruitment ends on 31st March 2026

Recent Publications involving our Trust

Baldwin S, Fanner M, Beauchamp H, *et al* (2025) Feasibility and acceptability of the Alarm Distress Baby Scale (ADBB) in universal health visiting practice in England: a mixed-methods study using Normalisation Process Theory: *BMJ Paediatrics* Open 2025;9:e002997.

Darcy, P.M., Armitt, H., Hurd, A., *et al* (2025) Green Social Prescribing: A Before and After Evaluation of a Novel Community-Based Intervention for Adults Experiencing Mental Health Problems. *Health & Social Care in the Community* Vol. 2025. <https://doi.org/10.1155/hsc/2016261>

Fewings, H. (2025) A systematic review of the literature: Young people's experiences of violence against women and girls in the UK. *Journal of Family and Child Health* Vol 2, (3) 2025. <https://doi.org/10.12968/jfch.2025.2.3.130>

CARECOACH

Do you care for a person living with dementia?

If so you may be eligible to take part in this new study.

The aim of the study is to test the effects of using an online support package for caregivers.

To take part, you must be:

- 18 years or over and live in the UK.
- Currently providing care/support for a person living with dementia (who has been diagnosed with dementia in the last 5 years).
- A family member or have a close personal relationship with the person living with dementia.
- Looking to learn new skills and knowledge to cope well while caring for someone living with dementia.

If you interested in this study or would like further details please contact us:

HNF-TR.ResearchTeam@nhs.net or 01482 301726



Community of Practice for Research

Our next Trust Research Community of Practice session will take place online

Tues 19 August , 1.30-2.30pm

Look out for your invitation from our Communications Team coming soon.



Follow us on Instagram @ResearchHumber

Studies we need your help with please

How often do you feel lonely or isolated?

We want to hear from you

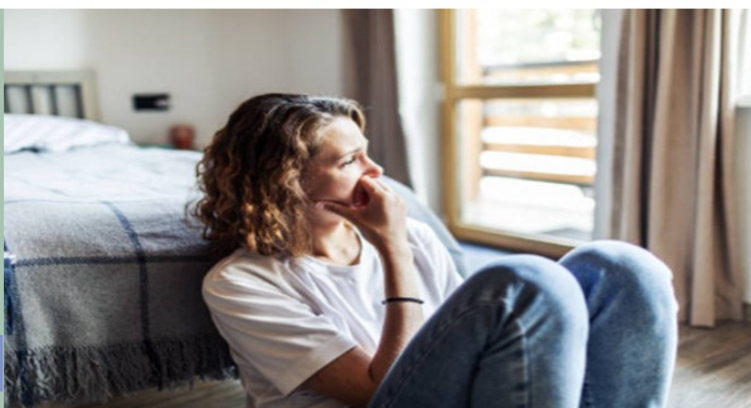
Humber Teaching NHS Foundation Trust alongside Imperial College London are undertaking research to understand how often young people and adults feel lonely or socially isolated. If you are 16 years or over, you can take part by completing a brief survey and potentially an interview which is available in several languages



@LonelinessStudy



[Measuring Loneliness \(INTERACT\) Website](#)



You can access the survey using the QR code below, or by opening the weblink below on your smartphone, tablet or personal computer.

The [short \(<10min\) anonymized survey](#) is available in several languages and can be accessed by typing this link into your internet browser:



bit.ly/4iRPWVu

Imperial College
London

Applied Research Collaboration
Northwest London

SCARU
Self-Care Academic Research Unit

Hull
City Council

NHS
Humber Teaching
NHS Foundation Trust

Studies we are involved with

The Family Interventions in Dementia Mental Health Environments (Find Me) study is currently taking place on our Maister Lodge Ward.

Staff, carers and people living with dementia are all included. The aim of the study is to improve our understanding of carers' experiences, whilst a family member who is living with dementia is on a mental health ward. Through working more inclusively with families/staff the aim is to try and help the person who is living with dementia become less stressed more quickly.



Incorporating patient reflections into learning to improve cancer diagnosis in primary care

Eligible patients registered with King Street Medical Centre are being invited to take part in a research project being undertaken by a team of researchers at the Hull York Medical School, University of Hull.

This important study gives patients and clinicians the opportunity to be directly involved in improving the way cancer diagnosis is communicated and experienced.

The study, funded by Yorkshire Cancer Research, is looking at the development of a template specifically designed to allow patients to think about their pathway to cancer diagnosis. The template originally designed with patients and their family members is being tested to see how well it works in practice. It will check how listening to patients in this way can help to improve early cancer diagnosis in primary care.

Study participants are being invited to complete the template and talk to researchers about how they found the process. The template can be completed online or on paper and with the support of family members.

Dr Micky Kerr, a research fellow working on the study said "Together with contributions from clinicians, the research will provide valuable insights into how incorporating the patient voice can facilitate quality improvement in primary care across the Yorkshire region."



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New Study in Primary Care

ENHANCE: A blended app and coach support programme to improve brain health

Researchers from University College London (UCL) are working with staff in our GP practices and research team to help deliver this important study. The purpose of the research is to test a smartphone app designed to improve brain health and help people make positive lifestyle changes to reduce their risk of cognitive decline later in life.

People taking part may be invited to use an app with support from a health coach and asked about their experiences of using the app.



Primary Care

Sign up to Be Part of Research today

Be Part of Research makes it easier than ever to find and take part in health and care research. This free online service matches volunteers to research, based on your interests, taking place online or at locations near you.

Through Be Part of Research, you can find and take part in research into nearly every major health condition - as well as social care research. Simply sign up online and you'll be matched to suitable studies and sent clear information about what's involved and how you can take part, if you choose to.

Whatever your state of health, you can help find new and better ways to treat conditions, and improve care. You can even take part as a healthy volunteer. Your family may have been particularly affected by a particular condition, or you may have experienced an illness and want to make life better for others living with it.

Sign up to [Be Part of Research](#) today and make a difference to the health and care of tomorrow. With your help, research can go further and faster. [Be Part of Research video on YouTube](#)



Research at the frontline

3rd year Occupational Therapists from York St John recently completed our 4th hybrid clinical/research student placement program facilitated by our Research Team. This provides an overview of how clinical research is organised and delivered at a national and local level. Students undertook a mix of face to face, online and practical sessions over a 6-week period. The aim of the program is to support our clinicians of the future to be research aware on qualifying.



Emily Bell & Abigail Wood, OT Students

"This research module has been very interesting and has really helped my knowledge on research and how important it is within the NHS. It has allowed me to look into what research is available in the area and how I can help support the research team"

Inspirational Young Person Award - Evan Davies

Evan Davies, who spoke at our research conference last year has just received a civic award for being an 'Inspirational Young Person' for his promotion of clinical research and raising awareness of Juvenile Idiopathic Arthritis (JIA).

Huge Congratulations Evan!

Read more about Evan's award [here](#)



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