

In brief:

- Congratulations to Dr Christine Hazleton who has been awarded a five-year lectureship from the Stroke Association
- Congratulations to Dr Lesley Scobbie on her recent award as Scotland's first Allied Health Professions (AHPs) Stroke Clinical Academic at NHS Lanarkshire
- Congratulations to Helen Cheyne who received an Honorary Fellowship from the Royal College of Midwifery for her contributions to midwifery research.

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RECOVER: Resilience and mental wellbeing of frontline COVID-19 workers – a series of Evidence reviews

By Dr Alex Pollock

In March 2020 the COVID-19 coronavirus outbreak was declared a global pandemic (WHO 2020). In a statement published in March 2020, the WHO warned about the potential negative impact of the crisis on the psychological and mental wellbeing throughout the population, including and in particular, healthcare workers. Evidence from previous disease epidemics has shown that healthcare workers are at risk of developing both short and long term mental health problems, with up to one third of front-line healthcare workers experiencing high levels of distress.

A team of NMAHP RU researchers were successful in getting funding from CSO for a rapid research project to explore the evidence on mental health and resilience of health and social care professionals who work at the frontline during disease epidemics and pandemics. This project brings together the systematic review skills within NMAHP RU with the international expertise relating to mental health in the workplace.



The rapid project will involve completion of a scoping review, bringing together all international evidence on this topic, and a rapid Cochrane review focussed on evidence for interventions which may support the mental health and resilience of this workforce.

The review protocol is available on the PROSPERO database: https://www.crd.york.ac.uk/prospero/display_record.php?RecordID=187884

CHARIS: Covid Health and Adherence Research in Scotland

By Dr Barbara Farquharson

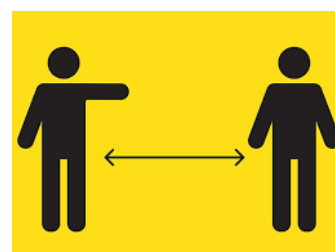
Dr Barbara Farquharson is a co-investigator on the CHARIS study led by Prof Diane Dixon (Aberdeen) and funded by the CSO (£325,458) which aims to understand adherence to Transmission Reducing Behaviours (TRBs) such as social distancing. TRBs are crucial to quashing the pandemic, but adherence varies, and will likely be more challenging as lockdown restrictions are gradually eased. This project will use psychological theory to understand adherence to three types of TRBs (social distancing, hand hygiene and wearing face coverings) and mental

health status. It is a longitudinal telephone survey of a nationally representative sample of adults (n=500 each week, total sample = 7000). The study is designed to support actionable decisions by explaining variations in:

- adherence to each TRB; and
- mental health status, over time and between groups.

It will also look to identify what triggers changes in TRBs and mental and physical health over time

(e.g. new government directives, COVID deaths). The study team have already collected data from 3000 participants, are producing weekly bulletins for government and will deliver three in-depth reports over the course of the study. Further details of the study can be found at <https://www.abdn.ac.uk/iahs/research/health-psychology/charis.php>.



Can adjusting personal goals be just as important as achieving them?

By Dr Lesley Scobbie

Supporting stroke survivors and people with long term conditions to achieve their personal goals is a top rehabilitation priority. But, achieving personal goals can prove difficult – can adjusting goals facilitate ongoing progress? This important question was addressed in two studies.

Study 1: Qualitative methods were used to explore stroke survivors' experiences of *Goal attainment, adjustment and disengagement in the first year after stroke*¹. **Key findings:** Stroke survivor recovery typically involved attainment of original and adjusted or alternative goals. Experiences of goal-related setbacks and failure helped

stroke survivors to understand and accept their limitations.

Study 2: A scoping review was conducted to investigate *Goal adjustment by people living with long-term conditions*². **Key Findings:** Goal adjustment, disengagement and re-engagement with suitable alternatives were available response options when facing unattainable goals. Mostly positive associations were reported between all response options and recovery. However, effective interventions to support goal adjustment, disengagement and reengagement were

lacking.

Conclusions: Whilst goal attainment is ideal, stroke survivors and people with other long term conditions are likely to encounter unattainable personal goals. Goal adjustment, disengagement and/ or reengagement with suitable alternatives can support ongoing recovery.

Publications:

1. Scobbie et al qualitative paper (2020): <https://www.tandfonline.com/doi/full/10.1080/09602011.2020.1724803>
2. Scobbie et al scoping review (2020): <https://www.tandfonline.com/doi/full/10.1080/09602011.2020.1774397>

Recent publications

- Clarke, J., Ingram, J., Johnson, D., Thomson, G., Trickey, H., Dombrowski, S., Sitch, A., Dykes, F., Feltham, M., MacArthur, C., Roberts, T., Hoddinott, P. and Jolly, K. (2020) An assets-based intervention Before and After birth to improve breast feeding initiation and continuation: the ABA feasibility RCT. *Public Health Research*, 8 (7).
- Coles, E., Anderson, J., Maxwell, M., Harris, F., Gray, N., Milner, G. and MacGillivray, S. (2020) The influence of contextual factors on healthcare quality improvement initiatives: a realist review. *Systematic Reviews*, 9 (94).
- Glazener, C., Breeman, S., Hagen, S., Elders, A., Aucott, L., Cooper, K. and Reid, F. (2020) Authors' reply re: Mesh inlay, mesh kit or native tissue repair for women having repeat anterior or posterior prolapse surgery: randomised controlled trial (PROSPECT). (Response to BJOG-20-0683). *BJOG: An International Journal of Obstetrics & Gynaecology*, 27 (9), pp. 1170-1171.
- Hubbard, G., Thompson, C., Locke, R., Jenkins, D., Munoz, S., Van Woerden, H., Maxwell, M., Yang, Y. and Gorely, T. (2020) Co-production of "nature walks for wellbeing" public health intervention for people with severe mental illness: use of theory and practical know-how. *BMC Public Health*, 20 (1), pp. 428.
- The full list of papers is available at: <https://www.nmahp-ru.ac.uk/research/publications/>

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Directors Blog:

As we are slowly released from lockdown the NMAHP-RU has continued to increase its involvement in Covid-19 related research. Eddie Duncan is involved in a study improving the prehospital identification and management of people presenting to the ambulance service with COVID-19 symptoms. Eddie is also working with Cath Best and others on researching ambulance call-outs for psychiatric emergencies during the COVID-19 pandemic. Eddie has also been commissioned by Scottish Government to conduct an additional evaluation of the roll out of the Distress Brief Intervention as a Covid-19 response. Helen Cheyne is working with others on an evaluation of home blood pressure monitoring for pregnant women, which has developed as a service response to Covid-19. Alex Pollock (and many others in the Unit) are undertaking a Cochrane systematic review of interventions to support the resilience and mental health of frontline health and social care staff during a global health crisis and following de-escalation. Barbara Farquharson is involved in a study for protecting population physical & mental health during the coronavirus pandemic via conducting a representative national weekly survey to understand changes. Anne Whittaker adds to our list of awards with Scottish Government funding to focus on understanding the role and potential of Primary Care in the prevention of drug deaths post COVID-19. Finally, many of our existing projects are including additional Covid-19 research questions, one example being our NIHR HS&DR study on assessing perinatal anxiety, which will now ask how Covid-19 has impacted on their anxiety during pregnancy. This is an impressive list of awards across a range of areas for NHS care and for the wellbeing of people across Scotland.



Best Wishes, Margaret Maxwell