Newsletter

**In brief:**

* Congratulations to Dr Gilmour, Dr Sinesi and Dr Johnson who graduated (PhD) at University of Stirling.

**Volume 4, Issue 3. 31/07/22**

**Update from The MENTUPP Project**

By Charlotte Paterson

* Improving the management of children’s chronic pain is the focus of the NIHR-funded

CHAMPION project led by Dr Emma

France of the NMAHP

-RU. [Read the](https://doi.org/10.1002/14651858.CD014873)

 [protocol, which has](https://doi.org/10.1002/14651858.CD014873) [just been published as](https://doi.org/10.1002/14651858.CD014873) [a Cochrane](https://doi.org/10.1002/14651858.CD014873)

[systematic review.](https://doi.org/10.1002/14651858.CD014873)

The [MENTUPP project](https://www.mentuppproject.eu/) (funded by the European Union’s Horizon 2020 research and innovation programme), aims to improve mental health in the workplace by developing, implementing and evaluating a multilevel intervention targeting mental health difficulties in Small and Medium Enterprises (SMEs) in the construction, health and ICT sectors. The project has now completed the pilot phase, the results of which have informed the optimisation of the intervention. We have now begun recruitment of SMEs for a very large

European cluster randomised controlled trial (cRCT). We aim to recruit organisations in the three sectors across 9 countries (Albania,

Australia, Finland, Germany, Hungary, Ireland, Kosovo,

Netherlands, and Spain). NMAHP-RU has provided the evidence base for implementation across three sectors, along with evidence from stakeholder consultations, which has informed the optimisation of the intervention and the design of the cRCT. Findings from our evidence review were presented at a webinar

on the 25th May, which saw 90 international attendees. To watch a recording of this webinar, please click [here.](https://www.youtube.com/watch?v=1yXiVJKn6BY)

* The [STARTUP trial](https://academic.oup.com/ageing/article/51/6/afac114/6608566)

 [results paper](https://academic.oup.com/ageing/article/51/6/afac114/6608566) (a trial of tibial nerve stimula-

# Game of Stones Reaches Recruitment Target!

## By Lisa Macaulay

tion for urinary prob- lems associated with Parkinson’s) was published recently. This was Doreen McClurg’s final pub- lished study before she retired earlier this year.

 **Inside this issue:**

Over the last 10 months our research teams in Belfast, Bristol and

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| Game of Stones Reaches Recruitment Target!**By Lisa Macaulay** | **1** |
| The CHOICE Study**By Mairi Harkness** | **2** |

Glasgow have been carrying out recruitment and the Game of Stones (GoS) trial has now reached the target of 585 men randomised. GoS is an NIHR funded randomised controlled trial recruiting in England, Northern Ireland and

Scotland, comparing text messages with and without endowment incentives with a waiting list control group, to address weight management in men.

Starting recruitment during Covid restrictions posed many challenges, particularly in terms of access to venues and recruiting through GP practices. However, our fieldworkers did a great job adapting recruitment strategies to overcome these challenges. The use of social media (Instagram and Facebook) proved particularly successful in generating interest in the trial, especially in the final couple of months of recruiting.

The first of our participants are commencing their 12- month follow-ups now and our focus moves to retention and collection of primary outcome measures. Many thanks to the fieldworkers in Belfast,

Bristol and Glasgow for their hard work during a challenging recruitment period. See our website ([gameofstonesresearch.co](https://gameofstonesresearch.com/Public/Public/index.cshtml)m) for the latest newsletters.

# The CHOICE Study

By Mairi Harkness

The CHOICE Study is a UK- wide NIHR funded project looking at home and hospital based cervical ripening (the first stage of an induction of labour). Professor Helen Cheyne and Dr Mairi Harkness from NMAHP-RU are part of qCHOICE, a qualitative process

evaluation that supports, contextualises and enhances understanding of the wider CHOICE Study quantitative data collection. Despite the severe restrictions that were in

Recent publications

place during the pandemic we have completed over 100 interviews with women, birth partners, staff and other stakeholders, and have surveyed over 300 people. All online and without any in-person

contact with our wider team, NHS managers, research staff or

participants.

We are close to completing analysis and emerging findings highlight the importance of kind and supportive staff; significant

gap between the reality of the induction of labour process in overstretched maternity services and the ideal process on which safety assumptions are based; and the impact of

these on the wellbeing and experience of women and their partners.

* + 3rd Cochrane Rehabilitation Methodology Meeting participants., Negrini, S., Selb, M., Kiekens, C., Todhunter-Brown, A., Arienti, C., Stucki, G., and Meyer, T. (2022) Rehabilitation definition for research purposes. A global stakeholders’ initiative by Cochrane Rehabilitation. *Eur J Phys Rehabil Med, 58(3), pp.333-341.*
* The Chief Scientist Office (CSO) funded study

‘Farming Minds’ which aimed to establish

farmers’ preferences for mental health

interventions was completed on time and a final report was submitted to the CSO at the beginning of July. Pre- established stop/go

criteria indicated a ‘green light’ for a future trial. We recruited >70% of target (80% achieved), ≥40% of contacts were eligible (62% eligible) and there was <30% attrition (only 4 participants withdrew

(12.5%), with a further 2 (6%) ‘unable to contact’ leading to overall attrition of 16% at 3 months and

27% at 6 months).

* The AMID (Abdominal Massage in Intellectual Disabilities) is now recruiting participants for the next 12 months and we have successfully randomised our first 2 participants to the study.

**Find us on the web!** [**www.nmahp-ru.ac.uk**](http://www.nmahp-ru.ac.uk/) **@NMAHPRu**

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* + McClurg, D., Elders, A., Hagen, S., Mason, H., Booth, J., Cunnington, A., Walker, R., Deane, K., Harari, D., Panicker, J., Stratton, S., McArthur, J., Sellers, C. and Collins, M. (2022) Stimulation of the Tibial Nerve - A randomised trial for urinary problems associated with Parkinson's - The STARTUP trial. *Age and Ageing,* 51 (6), pp. 1-9.
	+ Boodoosingh, R., Lima, U., Fulu-Aiolupotea, S., Dembinsky, M. and Hagen, S. (2022) Lessons learned from developing a Samoan health education video on Pelvic Organ Prolapse. *Journal of Visual Communication in Medicine,* 15, pp. 1-3.
	+ Macaulay, L., O’Dolan, C., Avenell, A., Carroll, P., Cotton, S., Dombrowski, S., Elders, A., Goulao, B., Gray, C., Harris, F., Hunt, K., Kee, F., MacLennan G, M., MD., McKinley, M., Skinner, R., Torrens, C., Tod, M., Turner, K., van der Pol, M. and Hoddinott, P. (2022) Efectiveness and cost-efectiveness of text messages with or without endowment incentives for weight management in men with obesity (Game of Stones): study protocol for a randomised controlled trial. *Trials,* 23, pp. 582.

**Directors Blog:**

The NHS has never before been in such a critical state in terms of meeting the unprecedented demands on its resources. Pre-existing lengthy waiting times have been compounded by the impact of Covid on our NHS, alongside staff shortages adding to the problems. Rising energy and food costs also land heavily on the doorstep of the NHS – making scarce resources even tighter. The need for innovation and development in health and social care has never been greater. I attended a recent Innovation Network

Scotland event which involves NHS Scotland and Scottish

Government working together to develop an innovation-led future for health and social care. Multiple presenters spoke of the ‘triple helix’ for innovation, which is the required partnership between health/NHS, industry and academia. The new Scottish Health Industry Partnership (SHIP), which sits within the Chief Scientist Office, has been established “to solve real problems and improve quality, efficiency and sustainability of healthcare”. For a moment I thought they have been reading our NMAHP-RU strategic documents! Perhaps with these envisaged new partnerships between NHS, industry and academia we are all on the same page in seeking to make things better. AstraZeneca presented on their plans to engage in more ‘service re-design’ and wanting to ‘co-create’ and ‘co-design’ more studies like the much heralded Early Diagnostic Heart Failure study (OPERA [https://](NULL)

 [www.woshealthinnovation.scot/exemplar-projects/early-diagnostic-heart-failure-opera/)](https://www.woshealthinnovation.scot/exemplar-projects/early-diagnostic-heart-failure-opera/) – moving into health territory that is beyond drug development. This is a new world for health services researchers who may have to negotiate the ‘for-profit’ world and declare ‘links to industry’ versus our previous badge of providing ‘independent research evidence’. Should we embrace or be concerned?

**Best Wishes, Margaret Maxwell**