

THE STATE HOSPITALS BOARD FOR SCOTLAND

**ANNUAL REPORT**

***Research Committee and Research Funding Committee***

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## Table of Contents

<b>Contents</b>	<b>Page Number</b>
<b>Table of Contents</b>	<b>2</b>
<b>1 Core Purpose of Committee</b>	<b>3</b>
<b>2 Current Resource Commitment</b>	<b>3</b>
<b>3 Summary of Core Activity in last 12 Months</b>	<b>3</b>
<b>3.1. Annual Research and Clinical Effectiveness Conf. 2020</b>	<b>3</b>
<b>3.2. Forensic Network Research Conference 2020</b>	<b>4</b>
<b>3.3 Priority Research Theme Activity</b>	<b>4</b>
<b>3.4 Research Study Implementation</b>	<b>6</b>
<b>4 Performance against Key performance indicators</b>	<b>6</b>
<b>5 Quality Assurance Activity</b>	<b>7</b>
<b>6 Quality Improvement Activity</b>	<b>7</b>
<b>7 Stakeholder Experience</b>	<b>7</b>
<b>8 Planned Quality Assurance/Quality Improvement for the next year</b>	<b>8</b>
<b>8.1 Research Portfolio Review and Research Strategy Update</b>	<b>8</b>
<b>8.2 Research Response to Barron review</b>	<b>8</b>
<b>8.3 Reflection and Remobilisation</b>	<b>9</b>
<b>9 Next review date</b>	<b>9</b>
<b>Appendix 1: Governance arrangements for Committee</b>	<b>10</b>
<b>1. Committee membership</b>	<b>10</b>
<b>2. Role of the committee</b>	<b>10</b>
<b>3. Aims and objectives</b>	<b>11</b>
<b>4. Meeting frequency and dates met</b>	<b>11</b>
<b>5. Strategy and work plan</b>	<b>11</b>
<b>Appendix 2: Research Activity</b>	<b>12</b>
<b>1. Completed Studies</b>	<b>12</b>
<b>2. Journal Articles</b>	<b>13</b>
<b>3. Presentations</b>	<b>14</b>
<b>4. Ongoing Studies</b>	<b>15</b>
<b>5. Studies in development to commence in 2021/22</b>	<b>16</b>

## 1 Core purpose of Committee

Within the NHS, it has been shown that research not only furthers knowledge but improves staff morale, recruitment and retention, and patient care. Research is therefore core to the business of The State Hospital and to our pursuit of evidence based practice. The skills obtained by those engaged in research are directly transferable to other areas of health care such as service planning, teaching and management. The State Hospital has shown a considerable commitment to research and has a proven track record.

The research committee aims to support the use of data and research evidence as part of an evidence based culture aimed at improving both patient care and the patient experience of care, though a focus on continuously improving practice. The ongoing development of an evidence based culture will be achieved through a focus on training, developing staff competencies in transferable research skills and increasing research capacity.

## 2 Current Resource Commitment

<b>Allocation per Financial plan</b>	<b>2019/20</b>
<b>Recurring Funding</b>	<b>95,000</b>
<b>Taken to savings</b>	<b>30,000</b>
<b>Funds Available</b>	<b>65,000</b>

<b>Research Grants Committed</b>	<b>2020/21</b>
Referral and Transfer Pathways	<b>6,107.01</b>
Management of Violence and Aggression study	<b>17,627.00</b>
Recovery Research into Action	<b>31,319.23</b>
Newly Qualified Clinicians study	<b>1,522.40</b>
<b>TOTAL</b>	<b>56,575.64</b>

<b>Funds remaining to be allocated</b>	<b>8,424.00</b>
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<b>Research Grants Spent - to date</b>	<b>2020/21</b>
<b>Major</b>	
I-DUW Wristband study	<b>1,347.07</b>
Recovery Research into Action	<b>19,310.06</b>
Management of Significant Violence and Aggression	<b>17,627.00</b>
<b>Minor</b>	
Miscellaneous Expenditure	<b>228.00</b>
<b>TOTAL</b>	<b>38,512.00</b>

<b>Funds available less spend: Under / (over spend)</b>	<b>26,488.00</b>
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## 3 Summary of Core Activity for the last 12 months

### 3.1. Annual Research and Clinical Effectiveness Conference 2020.

The annual Research, Clinical Effectiveness and Quality Improvement Conference did not take place within 2020. It is important to highlight this, and while the conference would definitely have been cancelled due to the pandemic, the initial decision was taken prior to the extent of the pandemic being known and was related to concerns over falling attendance. Discussions had been held over the feasibility of holding the conference annually as well as the Forensic Network

Research Conference due to falling attendance. The conference will again be cancelled in 2021 due to the restrictions in place, but discussions will be held to define what format the conference will take when returning in 2022.

### 3.2 Forensic Network Research Special Interest Group Conference 2020

The Forensic Network Research Special Interest group (FNRSIG) held their seventh national Forensic Network Research Conference on the 5<sup>th</sup> of November 2020. The conference was provided using a remote online format through MS Teams due to the restrictions in place, and was subsequently reduced from a full day to a half day.

The morning was chaired by Dr Daniel Bennett, current chair of the FNRSIG, and featured a key note speech from Professor Sarah Armstrong, from the University of Glasgow, whose talk was titled “*Keeping safe vs keeping well in confined environments*”. This national conference included significant contribution from State Hospital staff showcasing work conducted within the hospital including:

**The Management of COVID-19 in Forensic Mental Health Settings.** Professor Lindsay Thomson

**Evaluation of the impact of measures adopted to promote positive staff health and wellbeing at during the COVID-19 outbreak.** Dr Amelia Cooper & Dr Patricia Cawthorne

**Learning points from a programme of research into evidence-based psychological practice in the Forensic Network and forensic mental healthcare.** Dr Lindsey Gilling McIntosh

**Reflections on personal recovery: the view of long term high and medium secure patients.** Cheryl Rees

**Exploring the Therapeutic Relationship between Keyworker and Patient, from the Patient Perspective.** Rebecca Carr

The conference received excellent feedback from delegates in relation to both content and the success of utilising remote technologies to make the conference possible during a global pandemic. The 2021 FNRSIG Research Conference is scheduled to take place on the 4<sup>th</sup> of November 2021, again using a remote online format.

### 3.3 Priority Research Themes

This section addresses the activity undertaken in relation to already identified priority areas for research. The priority areas of research will be reviewed as part of a wide ranging Research Portfolio review commencing on the 29<sup>th</sup> of April 2021. The activity as noted below also provides an update on actions identified within the Research Strategy Action Plan, and this will feed into the process of developing a new updated Research Strategy for 2021-2024.

**Table 3.1: Priority Research Themes**

HEAT Target	Priority Research Theme	Activity
Health Improvement	<b>Physical Health</b> <ul style="list-style-type: none"> <li>• Obesity, Weight Management and Physical Activity</li> <li>• Metabolic Syndrome and Diabetes</li> <li>• Smoking Cessation</li> </ul>	Evaluation of Diabetes self management group and Study of the uptake of seasonal Flu vaccination completed. Study of barriers to patients physical activity, and Evaluation of ID patient

	<p><b>Outcomes based approach to Healthcare</b></p> <ul style="list-style-type: none"> <li>• Monitoring Clinical Outcomes</li> <li>• Identifying interventions associated with positive outcomes</li> <li>• Recovery model and long term follow up</li> <li>• Health Informatics and long term data trending</li> </ul>	<p>Healthy Living group completed.</p> <p>Recovery Research into Action is ongoing utilising a coproductive approach with patient groups.</p> <p>Health Informatics systems development ongoing with Tableau BI system in place. Increased focus on data linkage in light of Barron report recommendations.</p>
<p><b>Treatment Appropriate to Individuals</b></p>	<p><b>Person centred care and the needs of users and carers.</b></p> <ul style="list-style-type: none"> <li>• Co-Production</li> </ul> <p><b>Specific Diagnostic areas</b></p> <ul style="list-style-type: none"> <li>• Schizophrenia</li> <li>• Neuropsychological Functioning</li> <li>• Personality Disorder</li> <li>• Learning Disability, Autistic Spectrum Disorder and ADHD.</li> <li>• Substance Misuse and Co morbidity</li> </ul>	<p>Recovery Research in Action study ongoing.</p> <p>CBT for Psychosis study completed and being used to inform practice.</p> <p>ACEs study, Abnormal Development study both underway utilising FN database data.</p>
<p><b>Efficiency and Governance</b></p> <p><b>Access to Services</b></p>	<p><b>Patient Safety</b></p> <ul style="list-style-type: none"> <li>• Risk assessment and management</li> <li>• Seclusion and other de-escalation techniques</li> </ul> <p><b>Service Evaluation, continuous improvement and evidence based practice.</b></p> <ul style="list-style-type: none"> <li>• Evaluating the Forensic Psychiatric Matrix and wider PTS service</li> <li>• Recovery Model and Long term follow up</li> <li>• Clinical Outcomes monitoring</li> <li>• Pharmacological Interventions</li> <li>• Evaluating the impact of the Clinical Model and Forensic Managed Care Network</li> <li>• Evaluating the efficacy of Staff Training and Development Initiatives</li> </ul> <p><b>Staff Health and Wellbeing</b></p>	<p>Study to investigate use of seclusions and other de-escalating techniques across FN High and Medium security underway with study research assistant in place.</p> <p>Wide range of service evaluations in place: See ongoing study list App2, Section 4.</p> <p>Outcomes monitoring and data utilisation ongoing.</p> <p>Study of staff wellbeing and link to level of direct patient contact completed.</p> <p>The Staff Wellbeing study is ongoing with a focus on the health and wellbeing of staff throughout the pandemic.</p>

### 3.4 Research Study Implementation.

A number of studies have made varying contributions to the ongoing development and improvement of practice.

Examples:

**Dr Patricia Cawthorne, Dr Amelia Cooper;** An evaluation of the impact of measures adopted to promote positive staff health and wellbeing during the COVID-19 outbreak.

The Staff Health and Wellbeing survey (Part 1) has been used to help inform TSH's ongoing response to the COVID-19 pandemic. This has included the establishment of a permanent staff wellbeing centre, and plans for line manager training (re provision of psychological support to their staff). The Questionnaire survey tool developed for the Staff Health and Wellbeing survey has also been adapted and used by NHS Lothian R & D staff for use in their planned staff survey.

**Dr Patricia Cawthorne,** A process evaluation to determine the barriers and facilitators to implementation of a cognitive behavioural therapy for psychosis treatment programme in a high secure setting.

The study findings are being used to guide a refresh and re-write of TSH's CBT for psychosis (CBTp) treatment programme. Training in the delivery of this programme will also be devised and offered to appropriately trained staff in TSH, across the Forensic Network in Scotland, and to other national/international forensic mental health services.

**Dr Helen Walker and Lindsay Tulloch.** 'A necessary evil'; staff perspectives of Soft Restraint Kit use in a high secure hospital.

All PMVA level 2 staff at The State Hospital are now trained in the use of SRKs rather than only a small discrete group as was previously the case.

## 4. Performance against Key Performance Indicators

Number of study proposal reviews:	15 (11 new studies)
Number of study progress reports:	7
Number of study final reports:	1
Number of studies approved:	7
Number of peer reviewed publications:	11
Number of ongoing studies:	18

The figures given above comprise the key performance indicators as required within the Clinical Governance annual report. They give an indication of the level of research activity monitored by the Research Committee. Appendix 1 provides further details on the range of studies completed and the way in which the TSH research activity has been disseminated on a local, national and international basis. It should be noted that the Research Committee did not meet between April and July 2020 due to the pandemic restrictions, so only 7 of the scheduled 11 committee meetings took place.

Please see Section 7.1 of this report, which highlights the way in which a range of research studies, including those within the priority areas as noted above, have directly influenced practice both within the State Hospital and across the wider Forensic Managed Care Network.

The key performance indicators outlined within the table below have largely remained consistent with the performance of the committee over recent years when considering the reduced number of Research Committee meetings that took place.

**Table 4.1: Annual KPI Performance**

KPI	2019/20	2020/21
Number of study proposal reviews	18	15
Number of study progress reports	10	7
Number of studies approved	10	7
Number of peer reviewed publications (Total number of publications)	12 (15)	11 (15)

**Table 4.2: Research by Professional group 2020/21\*.**

Profession	Completed studies	Ongoing Studies	Planned studies	Total
Psychiatry	5	4	3	12
Psychology	8	8	0	16
Nursing	1	6	1	8
SW	0	0	0	0
AHP	0	1	0	1
Other	0	2	0	2

*\*Figures are affected by the Multi-disciplinary nature of some study teams.*

## 5. Quality Assurance Activity

The Research Committee undertook a robust process to support the resumption of research activity once the first pandemic lockdown. All study leads were contacted and asked to complete a Research Resumption plan providing details of specific mitigations that would be introduced to the study methodology in order to support the study to be compliant with all Covid-19 requirements.

## 6. Quality Improvement Activity

During the past 12 months the R&D Manager has worked closely with the Information Governance and Data Security Officer to integrate the Data Protection Impact Assessment to existing Research Governance processes. This has included a specific sign off and approval process for Research Studies and the support of the Information Governance and Data Security Officer has been greatly appreciated.

## 7. Stakeholder Experience

The Research Committee is committed to the development and delivery of studies focused on the patient perspective of the programmes and initiatives that they are asked to participate in. The feedback that is received from patients is extremely valuable in informing the ongoing development of treatment programmes and other initiatives designed to support patients.

Involving Forensic in-patients in all aspects of research has traditionally been seen as a difficult thing to do. However the importance and value of including patients at every possible stage, and taking an inclusive co-productive approach is now well documented, and this approach is entirely supported by the Research Committee.

**Example: Recovery Research into Action study:**

**Professor Lindsay Thomson, Medical Director, The State Hospital, Professor of Forensic Psychiatry, University of Edinburgh, Cheryl Rees, Research Assistant, University of Edinburgh.**

This study was provided as an example of work to highlight the 'Patients Voice' within the 2019-20 Research annual report. However the impact of the ongoing pandemic has led to the study research assistant investigating and employing a specifically amended methodology that would allow the study to maintain its coproductive element in engaging patients to participate in the study, despite the restrictions in place within the hospital.

The more limited nature of Patients Partnership Group meetings has made the intended consultation and development of study tools more difficult than anticipated, however this has been achieved and the RA along with patient collaborators have designed a draft topic guide for consideration by the study staff advisory group. Given the difficulty associated with patient group discussion of the draft, a pilot approach will instead be used to ensure that the draft study tool developed meets the needs of the wider study.

## **8. Planned Quality Assurance/Quality Improvement for the next year**

### **8.1 Research Portfolio Review and Research Strategy Update**

One main area of work for 2020/21 will be the review of the Research Portfolio. The research portfolio review will also support the development of an updated State Hospital Research Strategy 2021-2024. The full review will commence on the 29<sup>th</sup> of April, and will focus on the ongoing development of a high-quality research programme in forensic mental health, that addresses the evidence and information needs of the organisation. Initial actions for consideration include:

1. Continue approaches that have been successful; these include engagement, encouragement and education about research, and support of those doing research for the purposes of higher degrees / qualifications.
2. Formalise research and clinical effectiveness / QI links to explore data held.
3. Ongoing liaison with Universities to:
  - Develop research capacity through PhD studentships
  - Consider options to develop senior research capacity for the purposes of succession planning
4. Develop and carry out research into the Forensic Network database
5. Pursue data linkage opportunities to other secondary and/or administrative datasets
6. Focus research on patient pathways and movement through the forensic estate
7. Review and develop outcome measures / progress monitoring in patients across the Forensic Network in relation to the development of an international Forensic Excellence initiative
8. Utilise research budget for ongoing support of wider research agenda as well as specific projects
9. Engage in consultation with a view to developing the TSH Research Strategy 2021-2024

### **8.2 Research Response to Barron review and aims for data linkage**

While the Barron report was very positive about the research and data management work conducted by State Hospital, Forensic Network and the School of Forensic Mental Health, the report recommendations provide opportunities for improvement. The development of the FN Database is complete with final data reporting and visualisation processes being addressed. The role out of the use of the database across the wider FN will support aspects of the Barron report

in supporting consistent collection and use of data. The wider Research Portfolio review will also aim to address the research related recommendations contained within the report.

### **8.3 Reflection and Remobilisation**

Some focus will also be required on the impact of the ongoing Coronavirus pandemic, its impact on patients and staff, patient and staff perceptions of the impact of measures taken, and an evaluation of the wide range of measures being introduced across the hospital in response to Covid-19 at this time. The R&D Manager is also monitoring the work of the Scottish Governments Coronavirus (Covid-19) Mental Health Research Advisory Group which is developing plans and large scale studies to shape the Scottish Mental Health research agenda.

## **9. Next review date: 6<sup>th</sup> May 2022**

## **Appendix 1: Governance Arrangement for Committee**

### **1 Committee Membership**

#### **Research Committee**

##### **Membership:**

Professor Lindsay Thomson	Chair, Medical Director and Professor of Forensic Psychiatry, University of Edinburgh
Mrs Patricia Cawthorne	Consultant Nurse
Mrs Patricia Coia	Senior Charge Nurse
Mrs Hannah Connor	Lead Occupational Therapist
Ms Rebecca Hart	Librarian, The State Hospital
Dr Sheila Howitt	Consultant Forensic Psychiatrist (To October 2019)
Dr Suzanne O'Rourke	Consultant Forensic Clinical Neuropsychologist, Lecturer in Forensic Clinical Psychology, University of Edinburgh
Mr Jamie Pitcairn	Research and Development Manager
Dr Kerry Jo Smith	Forensic Clinical Psychologist
Mrs Catherine Totten	Lead AHP
Ms Lindsay Tulloch	Clinical Research Nurse, Nursing Team Leader
Dr Helen Walker	Consultant Nurse, Forensic Network; Senior Lecturer, University of the West of Scotland (UWS)
Ms Jacqueline McDade	Committee Secretary

#### **Research Funding Committee**

##### **Membership:**

Dr Duncan Alcock	Associate Medical Director
Mr Robin McNaught	Finance and Performance Management Director
Mr Mark Richards	Nursing Director

### **2 Role of the Committee**

#### **Research Committee**

The role of the Research Committee is to support, encourage and promote research, and to ensure the quality and dissemination of research projects associated with the State Hospital. It seeks to ensure that the Board can have confidence in the quality of research with high scientific and ethical standards, with transparent decision making, and clear monitoring arrangements. The committee also plays a key role in the statutory Research Governance responsibilities of The State Hospitals Board for Scotland, and conducts this role in line with the Research Governance framework of the Chief Scientist Office.

The members of this committee also provide a resource for staff undertaking research by providing support, advice and education on research matters. Additionally, the committee can assist the hospital through the appraisal and development of evidence or research findings generated through research external to TSH, and promote the practise of evidence based medicine.

#### **Research Funding Committee**

The Research Funding Committee (RFC) is the committee that takes decisions on research funding requests, informed by a full review of the scientific merit and ethical standards of a proposed project by the Research Committee.

Project proposals that require financial support must detail this clearly in the format as for a funding body, e.g., Chief Scientist Office. The funding application is then reviewed by the Research committee and a decision made on the appropriateness and value of the application prior to the review being passed to the RFC to assist in their approval decision.

### 3 Aims and objectives

The aims and objectives of the Research Committee, as outlined below mirror those within The State Hospital Research Strategy 2016-2020. The aims and progress made against them will be reviewed as part of developing the new updated Research Strategy.

1. Support the use of data and research evidence as part of an evidence based culture aimed at improving both patient care and the patient experience of care, though a focus on continuously improving practice.
2. Place the research conducted in TSH within the context of the national strategic approach to research in health and the governance required as part of this process.
3. Identify research needs and priorities; and to commission research accordingly.
4. Improve research infrastructure, capacity and management systems.
5. Support evidence based culture through focus on training, developing staff competencies in transferable research skills and increasing research capacity.

### 4 Meeting frequency and dates met

The research committee meets monthly on the first Thursday of every month (except January). It considers new research proposals, timetabled project reviews, final report reviews and any other research related issues. A series of forms have been developed for the initial research proposal, full research proposal and proposal and final report reviews. All ongoing research projects are reviewed six-monthly and a standardised progress report form is completed. The Research Funding Committee convenes on an ad hoc basis as and when required to review a research related funding request that has been supported by the Research Committee.

### 5 Research Committee Strategy and Work plan

The current State Hospital Research Strategy covers the period 2016-2020. Work will commence alongside the Research Portfolio review to develop a new updated Research Strategy 2021-2024 for the hospital.

The research committee work plan provides a month by month outline of the priority items of work throughout the year, and shows how actions related to these are structured to meet the deadlines associated with each. The work plan is included below.

<b>Month</b>	<b>Activity</b>
<b>January</b>	No committee meeting
<b>February</b>	Research Committee
<b>March</b>	Research Committee
<b>April</b>	Research Committee
	Completion of RC Annual Report
<b>May</b>	Research Committee
	Presentation of Research Committee (Incl. Research Funding Committee) Annual report to the Clinical Governance Committee.

	Research and Clinical Effectiveness Conference
<b>June</b>	Research Committee
<b>July</b>	Research Committee
<b>August</b>	Research Committee
<b>September</b>	Research Committee
	Specific focus on the prioritisation of the uncommitted funds remaining within the Research budget for following financial period.
<b>October</b>	Research Committee
<b>November</b>	Research Committee
	Early planning period for following years R&CE conference.
	Forensic Network Research Conference
<b>December</b>	Research Committee
	Final Planning period for R&CE conference.
	Specific focus on the end of financial year budgetary management.

## Appendix 2: Research Activity

### 1. Completed Studies

**Banks, L.** Service evaluation exploring the clinical effectiveness of the 'Making Healthy Changes' psychological therapy group.

**Cawthorne; P.** "A process evaluation to determine the barriers and facilitators to implementation of a cognitive behavioural therapy for psychosis treatment programme in a high secure setting".

**Fawdrey, A.** Victimization experiences in the forensic mental health population; the impact of childhood abuse on adult psychopathology, and predictors of inpatient victimization.

**Dr Gordon Skilling, Professor Lindsay Thomson, Lindsey McIntosh.** Unusually Persistent Complaints against the Police in Scotland: developing management, education and clinical solutions. Validation of developed tool by SPSO.

**Thomson, L.** Randomised controlled trial of the short term effects of OROS methylphenidate on ADHD symptoms and behavioural outcomes in young male prisoners with attention-deficit/hyperactivity disorder. MRC / EME Reference: 14/23/17 1/9/16-31/10/20 (Professor Philip Asherson, UCL; Dr Sheila Howitt, Laura Giannulli)

**Thomson, L.** Evaluating the effectiveness of the Forensic Matrix – the delivery of evidence based psychological interventions. PhD Awarded 2020 (Lindsey McIntosh, Dr Suzanne O'Rourke)

**Thomson, L.** The Recovery Model for Patients within a High Secure Setting 2014-2019 (Cheryl Rees)

**Walker, K.** What Behaviour Change Techniques Support Weight Loss Maintenance Among Individuals with Severe Mental Illness? A Systematic Review.

**Sarah Janes.** Cognitive Contributors to Risk of Harm to Others: A Feasibility Study

**Sarah Janes.** Cognitive contributors to short-term risk of inpatient violence and variance of daily risk ratings using the Dynamic Appraisal of Situational Aggression, Inpatient Version (DASA-IV). Approved study being entitled, 'Cognitive Contributors to the Risk of Harm to Others: A Feasibility Study' (CCRHO).

**Lindsey McIntosh, Lindsay Thomson, Cheryl Rees.** Forensic experiences of recovery from mental illness: Analysis of the Questionnaire on the Process of Recovery in Scottish Forensic Patients.

**Maxine McDonald.** Validity of the CORE-OM in a high secure forensic setting, as a measure of distress and risk predictor: Does insight mediate symptom severity and CORE outcomes?

## 2. Journal Articles

Gillespie, M., Quayle, E. & **Judge, J. (2021).** Exploring high secure forensic patients' experiences of familial support: An interpretive phenomenological analysis. ***International Journal of Forensic Mental Health.***

**Judge, J. (2020).** Published online on 04/08/20. *Working with sexually harmful behaviour using a cognitive analytic framework.* **NOTA Bulletin Board.**

**Macpherson, G (2021).** *Expert Evidence.* In K Corteen, R Steele, N Cross, M McMann (Eds.) *Forensic Psychology, Crime and Policing: Key Issues and Practical Debates.* Bristol University Press.

**Macpherson, G, Craig, L et al. (2021)** Psychologists as Expert Witnesses: Survey Results from the Expert Witness Advisory Group. *The Journal of Forensic Practice, 23, 2.*

**McIntosh, L.G., Janes, S., O'Rourke, S. and Thomson, L.D.G. (2021)** Effectiveness of Psychological and Psychosocial Interventions for Forensic Mental Health Patients: A Meta-analysis. ***Journal of Aggression and Violent Behaviour 58 (2021) 101551***  
<https://doi.org/10.1016/j.avb.2021.101551>

**Rees, C and Thomson, LDG (2020)** Suicide is not the answer: an exploration of the morbidity and mortality of a Scottish forensic cohort over 20+ years  
BJPsych Open – 20-0005.R1

**Smith, K, O'Rourke, S & Macpherson G (2020)** The Predictive Validity of the HCR20v3 within Scottish Forensic Inpatient Facilities. *International Journal of Forensic Mental Health, 19, 1-17*

**Smith, K, Macpherson G, O'Rourke, S & Kelly C (2020)** The Relationship between Insight & Violence in Psychosis: A Systematic Review. *Journal of Forensic Psychology & Psychiatry, 31, 183-221*

**Skilling, G.** Submitted 9/2/21, awaiting review: "*The Review of Initial Complainant Conduct (RICC): a tool to assist in the early identification of unusually persistent complainants*" ***British Journal of Healthcare Management***

Asherson, A., Johansson, L., Holland, R., Bedding, M., Forrester, A., Giannulli, L., Ginsberg, Y., **Howitt, S.**, Kretzschmar, I., Lawrie, S., Marsh, C., **Kelly, C.**, Mansfield, M., **McCafferty, C.**, **Khan, K.**, Muller-Sedgwick, U., Strang, J., Williamson, G., Wilson, L., Young, S., Landau, S. and **Thomson, L. (2020)** Randomised controlled trial of the short-term effects of OROS-

methylphenidate on ADHD symptoms and behavioural outcomes in young male prisoners with attention-deficit/hyperactivity disorder.

**EME Final Report**

Coid, J., Zhang, Y., Zhang, Y., Junmei, J., **Thomson, L.** and Bebbington, P. and Bhui, K. (2021) Epidemiology of knife carrying among young British men. *Psychiatry and Psychiatric Epidemiology*. Ms. No. SPPE-D-20-00389R1  
<https://doi.org/10.1007/s00127-021-02031-x>

**Thomson, L.D.G. (in press)** Community Forensic Psychiatry including Liaison with Health, Criminal Justice and Public Protection Agencies. In Seminars in Forensic Psychiatry, Chapter 8. Editors: Kennedy H. and Davoren, M. Pubs: **Royal College of Psychiatrists.**

Mckay P.G., **Walker H.**, Martin C.R., Fleming, M. (2021) Exploratory study into the relationship between the symptoms of chronic fatigue syndrome (CFS)/ myalgic encephalomyelitis (ME) and fibromyalgia (FM) using a quasi-experimental design. *BMJ Open* 11:e041947. doi:10.1136/bmjopen-2020-041947

**Walker, H., and Tulloch, L. (2020)** 'A necessary evil'; staff perspectives of Soft Restraint Kit use in a high secure hospital. *Frontiers Psychiatry* doi: 10.3389/fpsyt.2020.00357

**Walker, K. (2020).** Submitted for publication on 03/03/2021. *What Behaviour Change Techniques Support Weight Loss Maintenance Among Individuals with Severe Mental Illness? A Systematic Review* **British Journal of Health Psychology**

### 3. Presentations

**March 2021. Judge et al. (2021)** *Piloting staff mindfulness sessions in a high secure hospital.* Poster presented at the **Royal College of Psychiatrists Faculty of Forensic Psychiatry Conference**

**July 2020. Khan K and Macpherson G.** Mentally Ill Defenders and Their Journey Through the Criminal Justice System. **Justice Project Pakistan. Webinar.**

**August 2020: Thomson, L. Covid-19 International Webinar**

**September 2020: Carr, Rebecca;** Exploring the Therapeutic Relationship between Keyworker and Patient, from the Patient Perspective. **Forensic Lead Nurses Forum**

**November 2020: Carr, Rebecca;** Exploring the Therapeutic Relationship between Keyworker and Patient, from the Patient Perspective. **Forensic Network Research Conference**

**November 2020: Cawthorne, P;** An evaluation of the impact of measures adopted to promote positive staff health and wellbeing during the COVID-19 outbreak. **Forensic Network Research Conference**

**November 2020 Thomson, L.** The Management of COVID-19 in Forensic Mental Health Settings. **Forensic Network Research Special Interest Group Conference**

**November 2020 Thomson, L.** Reflections on personal recovery: The views of long term high and medium secure patients **Forensic Network Research Special Interest Group Conference**

**March 2021 Thomson, L.** Exploration of morbidity, suicide and all-cause mortality in a Scottish forensic cohort over 20 years. **Royal College of Psychiatrists Forensic Faculty Conference. Winner of the 2021 Royal College of Psychiatrists Forensic Faculty Research Prize**

#### **4. Ongoing Research Studies**

**Leanne Banks:** The relationship between adverse childhood experiences, violence, empathy and psychosis within forensic settings.

**Fraser Breed.** Exploring the strategic approach taken as a result of COVID-19 within a learning organisation (a quantitative study).

**Dr Patricia Cawthorne, Dr Amelia Cooper;** An evaluation of the impact of measures adopted to promote positive staff health and wellbeing during the COVID-19 outbreak.

**Patricia Coia.** Staff experience from a clinical student to newly qualified practitioner in a high secure forensic mental health service and any impact of CV-19 educational arrangements on final year preparation for practice.

**Jake Easto.** Exploring the social contagion effect of violence and aggression.

**Kirsten Ferguson.** A study to highlight the prevalence of abnormal neurodevelopment (AN-D) in the Scottish Forensic Estate and to explore the relationship between AN-D and offending characteristics, using multivariate analysis.

**Rhiannon Lammie.** A Critical Evaluation of the Impact of COVID-19 on Perceptions of Employee Wellbeing at The State Hospital Since the Beginning of the Pandemic.

**Laura McCafferty.** An evaluation of the impact of an educational programme on dementia care in secure settings.

**Dr Suzanne O'Rourke.** Can physiological monitoring identify imminent violence in mentally ill offenders

**Professor Lindsay Thomson, Lindsey McIntosh, Dr Duncan Alcock.** Pathways into and out of high-security: Systematic analysis of referrals to the State Hospital and transfer referrals out of the State Hospital over one-year period 2019-2020.

**Professor Lindsay Thomson, Jamie Pitcairn.** Understanding Needs, Securing Public Safety: The Forensic Network Census and Database – annual

**Professor Lindsay Thomson, Cheryl Rees.** Recovery Research into Action

**Professor Lindsay Thomson, Daniel Bennett.** Outcomes of Appeals Against Excessive Security in High and Medium Security

**Lindsay Tulloch, Dr Helen Walker, Rebecca Carr:** .An exploration of the management of significant violence and aggression in high and medium secure forensic psychiatric hospitals in Scotland and Northern Ireland

**Dr Helen Walker.** Staff perception of change following the introduction of an education programme; New to Forensic – Essentials of Psychological Care

**Dr Helen Walker.** Measuring the Effect of Introducing Formulation into Nursing Care Plans through use of Repertory Grid.

**Kimberly Walker:** The Facilitators and Barriers to Providing Physical Healthcare in a High-Secure Forensic Setting: A Framework Analysis Using the Theoretical Domains Framework and COM-B model.

**Kimberly Walker:** Facilitators and Barriers to Weight Loss Maintenance Among Patients with Severe Mental Illness: A Qualitative Project Assessing the Views of Patients in a Forensic Hospital.

## **5. Studies in development to commence in 2021/22**

**Professor Lindsay Thomson.** Improving the health and well-being of people with dementia and cognitive frailty in prison (Rhoda MacRae, Tom Russ, Helen Walker, James Taylor)

**Professor Lindsay Thomson.** To develop work on data linkage including Forensic Network database; patient pathways and outcome measures.

**Dr Helen Walker, Dr Adam Polnay.** Examining the effectiveness of Reflective Practice Groups using The Relational Aspect of CarE scale (TRACE).