

Centre for Psychiatry Newsletter

Latest news in environmental, cultural and health systems research

Winter 2018/19 - Issue 15

Wolfson Institute, Centre for Psychiatry qmul.ac.uk/wolfson/centres/cfp/

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About us

The Centre for Psychiatry (CfP) conducts cutting edge and world leading research into the causes of and treatments for mental illnesses (e.g., schizophrenia, major depression, personality disorders). The Centre also aims to nurture the next generation of clinical and non-clinical academics, by providing and contributing to high quality training to academics, clinicians, and students at all levels.

The Centre's capability to undertake world-leading research is based on four factors:

First, the Centre's members have expertise in a variety of disciplines (e.g. psychology, genetics, epidemiology, psychiatry and sociology), which leads to the production of high quality interdisciplinary and novel research that is highlighted as a priority by a recent cross-research councils strategy for mental health research1, and by other funding agencies (e.g. NIHR and Wellcome Trust).

Second, researchers at the Centre have a wealth of expertise in novel methodological approaches, such as life-course epidemiology, methods to investigate geneenvironment interactions; a range of qualitative research approaches, analyses of big data, new clinical and research data linkages for novel analyses in patients and populations, treatment trials, and health services research.

Third, several members of the Centre are mental health practitioners (e.g. psychiatrists and psychologist), with an unrivalled insight into identifying and answering the most clinically relevant questions. They have many opportunities to maximise the translational impact of empirical research. This clinical academic interface also attracts National Health Service (NHS), Public Health England (PHE), Ministry of Justice (MoJ), and NGO partners to support research delivery and in the pathways to impact. As a consequence of the clinical interface, CfP also plays an important role in training doctors, nurses, therapists, and medical students, as well as facilitating research in the NHS.

Fourth, the Centre's research is undertaken in collaboration with other Institutes and Faculties both within and external to Queen Mary University London (e.g., Geography, English and Drama, Cancer Research). This is essential to answer the most critical and complex questions; for example, how to improve the health of youth living in cities, where stressors, safety, violence, and pollution are all risk factors: or to tackle rail suicides with industry partners.

The Centre's research focuses on Environmental, Cultural and Health Systems Research.

There are two main thematic areas:

- Social, environmental, societal and cultural processes in understanding aetiology, health inequalities and the treatment of mental illness. This includes improving treatment outcomes by investigating therapeutic communications and interactions between patient and doctors/health professionals, the organisation and delivery of services, and research on population and global health.
- Chronic physical disease and mental illness: this theme emphasises the shared aetiology and coexistence of mental and physical disorders, aims to reduce premature mortality and develop novel interventions for cancer patients with mental illnesses as well as prevention of physical disorders in patients with mental disorders.

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Prevention narratives for CfP themes

Psychoses

Psychosis affects less than 1% of the world's population but is such a debilitating condition that it accounts for almost 3% of the Years Lived with Disability (YLD) worldwide. Individuals with psychosis are also more than 4 times as likely to engage in illegal substance use, and this interaction has repeatedly shown an elevated risk of involvement in violence. Efforts to identify the social and cultural aetiologies of psychosis are needed to inform preventive interventions in families, communities and in offering better treatments for patients. It is in the realms of psychoses that there are major ethnic inequalities of incidence, and experience of treatment and more adverse pathways to care and poorer outcomes for some ethnic groups. In a global health context, only about 20% of patients are treated. The majority do not receive any care or intervention, and are consequently chained (literally with leg irons) or institutionalized.

Depression

Mental and behavioural disorders are the most common disorders worldwide, accounting for 22.7% of total global years lived with disability (YLDs). Of all disorders within the mental and behavioural category, major depressive disorder carries the heaviest burden, accounting for 2.54 % of all global Disability Adjusted Life Years (DALYs). Depression is one of the most common mental disorders in UK with a lifetime prevalence of major depression of 10% (twice as high in women). Depression is an episodic, stress-related disorder with a complex aetiology of interacting genetic, developmental and environmental aetiological factors. There are thus multiple opportunities for preventive interventions. There are 13.3 million working days lost per year due to stress and depression and up to 15% of those who are clinically depressed die by suicide.

However, depression is also associated with multiple medical disorders. For example, those with depression have a two-fold greater independent risk for



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cardiovascular disease. In patients hospitalized after heart attack, those with depression have a 2-fold increased risk of coronary death. Yet depression is not even included among risk factors when deciding whether a person should commence statin therapy. A lifetime history of major depression is associated with a higher risk for cancer (independent of other known risk factors), and there is a 39% higher mortality rate in cancer patients with depressive disorders. This effect is also independent of any other known risk factors. Depression is strongly associated with poor quality of life and depressive symptoms are more strongly correlated with poorer quality of life than any other functional or physical symptoms in cancer patients. Meta-analyses report that late-life depression is associated with an increased risk for all-cause dementia, vascular dementia and Alzheimer's disease, another major public health problem.

Peri-natal and post-natal depression is especially troublesome as it affects attachment between mother and child and can lead to poorer childcare, future

risks of depression in the child, and poorer school performance and nutritional status. It is thought to explain the intergenerational transmission of poverty and poor health. Interventions to tackle post-natal depression are especially challenging where there is stigma of mental illness, and in poorer and culturally diverse populations in which depression is poorly recognized by the patient and their health professionals.

Personality disorder

Personality Disorder is a chronic mental disorder, with developmental and genetic components, affecting approximately 4% of the UK population. People with personality disorder place a significant burden on primary care services and comprise up to 67% of those presenting to mental health services; 73% of the prison population and 77% of adults who commit suicide will have a diagnosis of personality disorder. Although there is no catch-all intervention for personality disorder, the majority of this health-related burden comes from self-harm and antisocial behaviour, which are manageable, and hence crises are preventable through psychosocial

interventions such as specialist training for primary care staff, harm-reduction programmes and evidence based psychotherapies at the individual or group level, but also by creating better therapeutic environments.

Behavioural disorders and violence

Violence is a social problem with serious economic, social and psychological consequences. Violence in mental disorders is linked to alcohol misuse in over 50% of violent incidents, and antisocial personality disorder in nearly 25%. Within a five-year period, approximately 12% of the UK population will be involved in violence either as victim or perpetrator; 30% of women and 17% of men will experience domestic violence during their lifetime. The estimated annual cost of violence to the UK economy is over £5 billion in lost work, healthcare and criminal justice expenditure, and a further £10 billion in human and emotional costs. Yet preventive interventions that target the main risk drivers of violence - substance misuse and mental disorder - have internationally shown effectiveness in reducing

the violent incident rate, or

even preventing violence outright in certain areas. Violence in youth is especially problematic in inner city areas, where crime, school exclusion, inequality and poverty, exposure to traumas and hazards are all common, and violence can be a consequence of mental illness, or a vulnerability to cope using drugs, join gangs and adopt extremist ideologies; school based and population epidemiology, life course analyses, and interventions are desperately needed.

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Editorial

In a year that began with the second iteration of the unprecedentedly popular Women's March, we have seen huge progress for women's rights. A record number of women of colour were voted into office in the US midterm elections, women in Saudi Arabia were - finally - given the legal right to drive, and the voters of Ireland made historic steps to allowing women greater reproductive freedom. Meanwhile, #MeToo and #TimesUp campaigns have opened the floodgates for women to share their experiences of violence and discrimination. The Centre's event on Gender Inequality and Women's Mental Health was therefore a timely and important opportunity to continue shedding light on discrimination against women. Led by Dr Georgina Hosang, Senior Lecturer at the Centre, the event - attended by over 100 - brought together an all-female panel of academics to present research on topics including violence against women, racial discrimination, and gender equity policy.

It is important for our work to step outside of the ivory tower of academia, and for us to look outwards to the wider community involved in our research. In this, the Centre has had enormous success this term. Fusing gender equality with one of the Centre's key research priorities, ethnicity and mental health, on the 13th October PhD student Özlem Eylem ran a public event entitled Moments//Anlar, in collaboration with charities, academics and construction companies. The event, conducted in both English and Turkish, highlighted gender and sociocultural issues around suicide, with a focus on the Turkishspeaking diaspora. Moments//Anlar was the recipient of one of the Centre's two Queen Mary University of London Community

Engagement Awards; the second was won by the Synergi team, for their photovoice project exploring the realities of severe mental illness for people from ethnic minorities. Synergi's work allowed participants a chance to reflect on their own lives and present their own experiences, and we hope their efforts will contribute to informing future mental health policy and research, especially given their paper - recently published in BMC Medicine - which demonstrates persistent ethnic inequalities in severe mental illness. A final community engagement mention to Dr Mark Freestone, whose expert consultancy on psychopathy has helped propel BBC3 show Killing Eve to critical acclaim (and a 96% Rotten Tomatoes rating).

I hope you enjoy this newsletter, and hearing about all of the Centre's many successes this term. As ever, contributions to the newsletter are welcome: if you would like to write an article for the next newsletter, or have ideas about new features, please email Renata Samulnik (r.samulnik@qmul.ac.uk).

Thank you to everyone at the Centre for their hard work this year: I wish you all a very happy festive period, and look forward to a productive and exciting New Year!

Dr Lotte Elton
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Dr Lotte Elton Honorary Research Fellow

Prizes and awards

at the Centre of Psychiatry

Community Engagement award

Ms Özlem Eylem

Moments//Anlar: a public event aiming to generate public interest in gender and sociocultural issues around suicide, has been awarded the Centre for Public Engagement Community Engagement Award in Individual Category. The event has been funded by the Centre for Mind in Society, Queen Mary University of London and it has been organized in partnership with the Women`s Platform UK, Lifetime Learning Charity, Hercules Construction Company, mental health professionals and community activists. The award ceremony was held on the 27th



Özlem Eylem

November at Queens' Building at the Mile End campus.

Organizing this event helped Ms Eylem to emphasize the value of the culturally adapted e-mental health service, named Kiyma Cannina (Don`t crush your life energy), for managing suicidal thoughts amongst Turkish-speaking migrants.

Co-organizing the event with non-academic parties such as the well-known construction company, Hercules construction, was a winwin for both sides. Because attempting suicide is common amongst construction workers, they wanted to improve their knowledge and experience in approaching this problem in the construction field. Due to this Ms Eylem managed to reach a broader population of potential users for her e-health intervention.

Another important highlight is that Moments achieved connectivity by bringing professionals (e.g. academics, GPs, NHS staff members), politicians, patient groups and lay people together to discuss suicide in Turkish-speaking diaspora. This diverse atmosphere enabled them to initiate an open dialogue about cultural and gender-

related stigmas about suicide and help-seeking for suicide. This is an important step in reducing such stigmas in the long run.

From the beginning of her research on the effectiveness of Kiyma Canina, Ms Eylem has been faced with cultural stigmas about suicide and help-seeking for suicide amongst the target population. Such stigmas turned out to be the most challenging barriers to implement this intervention. We know that less than 20% of evidence based psychological interventions are delivered in real life which indicate that problems with implementing these interventions are not specific to certain so called hard-to-reach groups. In Ms Eylem's experience, engagement with relevant organizations, stake-holders and key individuals at grass root level is crucial to bridge this gap between research and practice. This could be achieved through public events.

Trainee Oral Presentation prize

Dr Lotte Elton

Lotte Elton, an Honorary Research Fellow and the Editor of this edition, won the first place prize for Trainee Oral Presentation at the British Society of Psychosocial Obstetrics and Gynaecology's Annual Scientific Meeting in September 2018. The presentation was entitled "Intimate partner violence during pregnancy and postnatal depression in highincome countries: a rapid review".

The Samuel Gershon Junior Investigator award

Dr Georgina Hosang

The International Society for Bipolar Disorders (ISBD) Awards Committee has unanimously selected Dr Georgina Hosang, Senior Lecturer at the Centre for Psychiatry, Wolfson Institute as a winner of the 2019 Samuel Gershon Junior Investigator Award.

The Samuel Gershon Junior Investigator Awards will be presented during the ISBD Awards Ceremony Dinner Cruise in Darling Harbour on the evening of Thursday, 21 March 2019.

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The thing about taking pictures I think is very helpful ... the picture is always there for you ... and then you can share to people ... I can show and ask 'do you see what I see now?' ... and then they say 'yes' and you know that at least you're not alone. In this society, still a lot people have similar problems to you, so maybe you feel that you feel a bit better in that way.

Community Engagement award Synergi's photovoice project

The Synergi Collaborative Centre's photovoice project, entitled 'Visual Reflections of Mental Health: Realities of Severe Mental Illness for Ethnic Minority People and Those Involved in their Care', won Queen Mary University of London's Community Engagement Award 2018.

Synergi's photovoice project was funded by the Queen Mary University of London's Centre for Public Engagement's Large Grant Award. Informed by a powerful and well-established method ('photovoice') of authentic and meaningful co-creation in health care, the project asked ethnic minority people with severe mental illness and those involved in their care to take photos of their lived experiences or treatment for mental illness. The photos and participants' narratives were showcased in photographic exhibitions at local mental health charities and public end of project exhibitions in London and Manchester. The project also has a legacy beyond the final exhibitions, with some of the photos and captions currently being displayed in the cabinets of the Queens' Building foyer (Mile End campus).

The feedback from participants and involved centres has been very positive. The project has provided a safe space for participants to reflect on their own lives and engage with sensitive topics that they may not have otherwise shared, while the use of photography was reported to be a well-suited and creative

method. It enabled people, marginalised from the mainstream policy and practice debate, to share their knowledge and expertise as captured by the below participant:

"The thing about taking pictures I think is very helpful ... the picture is always there for you ... and then you can share to people ... I can show and ask 'do you see what I see now?' ... and then they say 'yes' and you know that at least you're not alone. In this society, still a lot people have similar problems to you, so maybe you feel that you feel a bit better in that way."

We would like to give a special thanks to the partner organisations (The Psychosis Therapy Project at Islington Mind, Mind in Haringey, African and Caribbean Mental Health Services and LMCP Care Link) for all their support and the strong commitment of the participants to this project, without whom this project would not have been possible. We would also like to thank Queen Mary University of London's Centre for Public Engagement, whose support has been solid throughout the project from the planning to the implementation and evaluation stages.

The hope is that the project and the participants' narratives will inform future priorities for mental health and the project is being progressed as part of the Synergi Collaborative Centre's activities. To find out more about Synergi and the photovoice project, visit www.synergicollaborativecentre.co.uk.





Prizes and awards

at the Centre of Psychiatry

Synergi - one of 50 New Radicals 2018

The Synergi Collaborative Centre has been selected, along with 49 other projects, as New Radicals 2018.

Launched in 2012 by Nesta, in partnership with The Observer, every two years the New Radicals list showcases 50 radical thinking individuals and organisations developing creative ways of tackling society's biggest challenges.

Nesta says: "You could say that these radicals are part of our society's immune system at work - responding quietly to threats, breakdowns and problems in ways that the official systems can't do."

This year's list, which includes representation from across the UK, was compiled from hundreds of entries and nominations and narrowed down by a panel of judges.

It features some inspiring examples of individuals and organisations working in fields as diverse as health and social care, the creative industries, international aid and education and skills.

You can see the full list at The Observer online: https://www.theguardian.com/theobserver/2018/sep/16/more-new-radicals-2018-observer-nesta-social-enterprise-innovation-awards

Read the Nesta profile of Synergi here: https://www.theguardian.com/theobserver/2018/sep/16/more-new-radicals-2018-observer-nesta-social-enterprise-innovation-awards

You can find out more about all 50 projects here: https://www.nesta.org.uk/feature/new-radicals-2018/



You could say that these radicals are part of our society's immune system at work - responding quietly to threats, breakdowns and problems in ways that the official systems can't do.

ESRC event summary

#TimesUp Gender Inequality and women's mental health event

In early November 2018, as part of the ESRC's Festival of Social Science we hosted a public engagement event titled #TimesUp Gender Inequality and Women's Mental Health.

The aim of the event was for a wide range of researcher users to engage with social science research concerned with gender based violence (e.g., domestic violence and human trafficking) and gender discrimination on women's mental health. We also wanted to demonstrate how such research can be used in practice (e.g., clinical practice) and to influence policy. The event was organised into two sessions with the first session comprised of three talks from early career academics covering the literature on gender discrimination and gender based violence on women's mental health, with one session focusing on the intersectionality between different forms of discrimination (e.g., gender and racial discrimination) on women's mental health. These excellent talks set the scene for the importance of these issues on women's mental health. This session was followed by a 'working break' where several academics presented scientific posters and two charities (Rethink & Women and Girls Network) hosted stands for people to learn more about the services and support available in mental health and for those we have experienced gender based violence.

The second session centred on how social science research has been used to influence policy, clinical practice and can be informed with input and involvement from people with lived experiences of mental health problems. For both sessions the diverse

audience engaged with the material and the speakers by asking questions and debating some of the issues. One of the important aspects of the event is that speakers were able to present remotely (via video link), this allowed academics from all over the country to contribute to the event and the discussions and also ensured that it included those who have responsibilities that would prevent them from traveling to London or participating in the event.

The slides from the event are available on the event's webpage (click link **here**). The idea for this event came out of writing an editorial with Kam Bhui which is now published in the British Journal of Psychiatry (details below).

The success of this event was the result of a group effort from various member of the Centre for Psychiatry, ESRC and Queen Mary University of London more broadly, for which I would like to express my sincere gratitude. I would also like to say a special that you to Renata Samulnik and Athina Manoli for all their hard work in ensuring the event ran smoothly, as well as the invaluable advice provided by Lynsey McAlpine and Natalia Dawkins.

Relevant information:

Hosang, GM & Bhui, KS. (2018). *Gender discrimination, victimisation and women's mental health*. British Journal of Psychiatry. 213, 682–684

Rethink:

https://www.rethink.org

Women & Girls Network: **http://www.wgn.org.uk**



Our annual Mental Health Research Congress brings together the best psychiatric research from leading experts followed by an inspired afternoon of presentations from promising junior researchers who will become our future leaders. We promote research and impact to improve public health and patient care priorities through the Centre for Psychiatry, Barts and The London School of Medicine and Dentistry, Queen Mary University of London, East London Foundation Trust and other NHS and Social care agencies.

Attendance is free but space will be limited so please register. For further information contact Lisa Kass: **psychiatry@qmul.ac.uk** To register contact Sharmin Khonj: **elft.medical.education@nhs.net https://www.qmul.ac.uk/about/howtofindus/westsmithfield/**







Spotlight on:

Ethnic inequalities in mental health care

As part of a national programme to tackle ethnic inequalities in severe mental illness and multiple disadvantage (the Synergi Collaborative Centre), a recently published article in BMC Medicine shows persisting inequalities in pathways to mental health care in England.

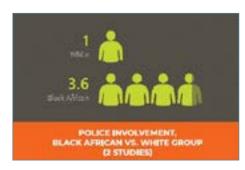
Ethnic inequalities in access to mental health services for patients with psychoses are well known and have been shown over many decades of research. The Prime Minister's Race Disparity Audit recently acknowledged disparities related to 'race' in mental health care in addition to other fields such as physical health, education and the criminal justice system. However, the latest meta-analyses synthesising the evidence only consider research up to 2012. We therefore conducted a systematic review and updated meta-analyses on ethnic inequalities in pathways to care for adults with psychoses in England, systematically identifying and incorporating previous evidence as well as more recent evidence from 2012 to 2017.

Based on 40 relevant studies, our meta-analyses revealed

persisting inequalities in service use and referral methods that adversely affect ethnic minority people, with greater compulsory admission and police or criminal justice system contact rather than general practitioner consultation as a seemingly more enabling platform. These inequalities are particularly affecting Black ethnic groups, but also South Asian people and White Other compared to White British people.

Our analyses provide a comprehensive and up-to-date evidence base from which to inform policy and practice amidst a prospective Mental Health Act reform.

More information on the Synergi Collaborative Centre can be found here: www. synergicollaborativecentre.co.uk/











New staff and students

at the Centre of Psychiatry



Ms Laura Miguel-Lorenzo (known as Xandra)

Xandra is a Social Anthropologist trained at the LSE. She conducted her PhD research in the Solomon Islands. She studied gender violence in a post-conflict context through the work of religious women at a shelter. She has worked in UK High Education since 2011as a teacher, student advisor, editorial assistant and administrator. Committed to mental health wellbeing, diversity and inclusion principles in HE, she is passionate about helping students with their academic, career and personal development.



Dr Athina Manoli

Athina Manoli is a Teaching Fellow at the Centre of Psychiatry. Her PhD in Psychology was focused on the field of eve-movements on attentional processes and emotion regulation in children/adolescents and adults with ADHD and anxiety, at the University of Southampton. Athina completed her MSc in Clinical Psychology at the University of Southampton and her BSc in Psychology at University of Leicester. Athina is also recognised as an Associate Fellow with the Advance HE.



Dr Sania Shakoor

Dr Sania Shakoor is a Lecturer in mental health on the MSc Psychological Therapies course. She completed her PhD in Social, Genetic and Developmental Psychiatry at Kings College London. Dr Shakoor has experience in lecturing and supervising students on a variety of topics related to psychopathology, child development, individual differences, environmental and genetic factors. Her overarching research interests lie within the development of child and adolescent mental health problems (i.e. psychotic experiences). To date her work has utilised genetically sensitive longitudinal data from large cohorts to explore underlying mechanisms (i.e. environmental adversities, cognitive processing etc.) that shape the mental health

of vulnerable individuals.

Most recently, her work and collaborations are directed towards investigating different forms of victimisation amongst minority groups (i.e. intimate partner violence and Islamophobia).

Dr Shakoor is a member of the board of trustees for Kidscape and holds collaborative relationships with charities such as the Muslim Youth Helpline to help raise mental health awareness amongst minority groups. She is heavily involved in the City Circle's Saturday School project that aims to combat the low attainment levels achieved by students from low socioeconomic backgrounds. Dr Shakoor is committed to using her academic knowledge and skills beyond the academic environment.

New staff and students

at the Centre of Psychiatry



Ms Lindsey Markey

Lindsey Markey is a PhD student at the Centre for Psychiatry working on an ethnicity and alcohol-related project. She completed her BSc degree in physiology at the University of Glasgow and her MSc degree in neuroscience specializing in addiction biology at King's College London. For which she completed a research project in tobacco control. Whilst at King's she was also awarded the Associateship of King's College (AKC). She has worked at various schools and has undertaken volunteer work for various charities including the Stroke Association and helped to organize the UK Stroke Assembly.



Ms Isabelle Foote

Isabelle Foote is a PhD student at the Centre for Psychiatry. She is a registered nurse and completed her nursing degree at the University of Birmingham. She has an MSc in Neuroscience at King's College London where her project explored the anti-inflammatory effects of omega-3 fatty acids in human hippocampal stem cells.

Isabelle's current work focuses on the association between depression and dementia, with a particular focus on inflammation. For this, she is collaborating with the Preventive Neurology Unit.



Dr Amy Ronaldson

Dr Amy Ronaldson is a Postdoctoral Research Fellow for the East London Healthcare Links Project at the Centre for Psychiatry. This project uses patientlevel linked data in order to understand links between mental and physical health, and how this impacts upon health service provision in East London. Amy received her PhD in Psychobiology and Psychoneuroendocrinology from University College London in 2017. Her thesis examined associations between psychosocial stress, depression, and cardiovascular disease, with a particular focus on the role of stress hormones.

Previously, Amy has carried out research examining the interface between mental and physical health status in endocrine and cardiovascular diseases. She has a particular interest in the mechanisms that link mental and physical health, and the impact of mental health on patient experience and health service provision.

Education

Fast meets West

Our CfP Education group led by Professor Ania Korszun continues to grow in size and with an increasing portfolio of projects. The team currently includes Ali Ajaz, Catherine Marshall, Aiva Aksentyte, Lynsey McAlpine, Chloe Pickup, Nitisha Patel and Lisa Coward.

We work in close collaboration with Dr Helen Bruce Associate Dean for ELFT, who provides joint supervision of our Education Fellows, and we continue to strengthen our relationship with the ELFT and NELFT medical education departments. All this ensures that there is a constant East-West traffic between our partner Trusts and Charterhouse Square.

As well as providing all the psychiatry teaching at Barts and The London, the team has a leading role in developing and delivering the new Medical Professionalism (MEDPRO) curriculum, with a special focus on wellbeing (WellMed). This upgrade to the curriculum will improve the teaching of medical professionalism to our students, as well as encouraging reflection and promoting wellbeing as integral attributes of a doctor. As a key component of MEDPRO, each student will have a MEDPRO supervisor to guide and assess their professional development. We are delighted that there has already been a tremendous response from ELFT and NELFT colleagues to take part in this programme.



Ania Korszun with Hiroshi Nishigori, Mariko Morishita and University of Kyoto Medical Education Group after enjoying a Japanese Tea Ceremony

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Education

Fast meets West

Last year we were pleased to be awarded funding from the Queen Mary University of London Westfield Fund for Enhancing Student Experience with our 'Educate the Educators' project where we investigated students' wellbeing needs and developed online resources to improve mentoring skills among QM faculty. We are proud to announce that we have also received funding for this year from the Westfield Fund to examine cultural differences in attitudes to professionalism and how we can promote better cohesion amongst our students. We have been running focus groups and enjoyed working closely with a wide range of students on these two projects.

We have also moved even further East in our new collaboration with Kyoto University, funded by an award in medicine and health from the Great Britain Sasakawa Foundation.

On her recent visit to Kyoto, Ania Korszun received a very warm welcome from the group there and discussed ways of improving wellbeing for all our students. Whilst we have focused on improving resilience through activities such as mindfulness and achieving a better work life balance, Dr Hiroshi Nishigori has looked at the role of martial arts and Bushido in attitudes to professionalism and how the Tea Ceremony can restore tranquility.

Although just looking out of the window in one of the seminar rooms was enough to restore Ania's tranquility.



View from the Seminar Room at Seifuso Villa, University of Kyoto

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K Bhui

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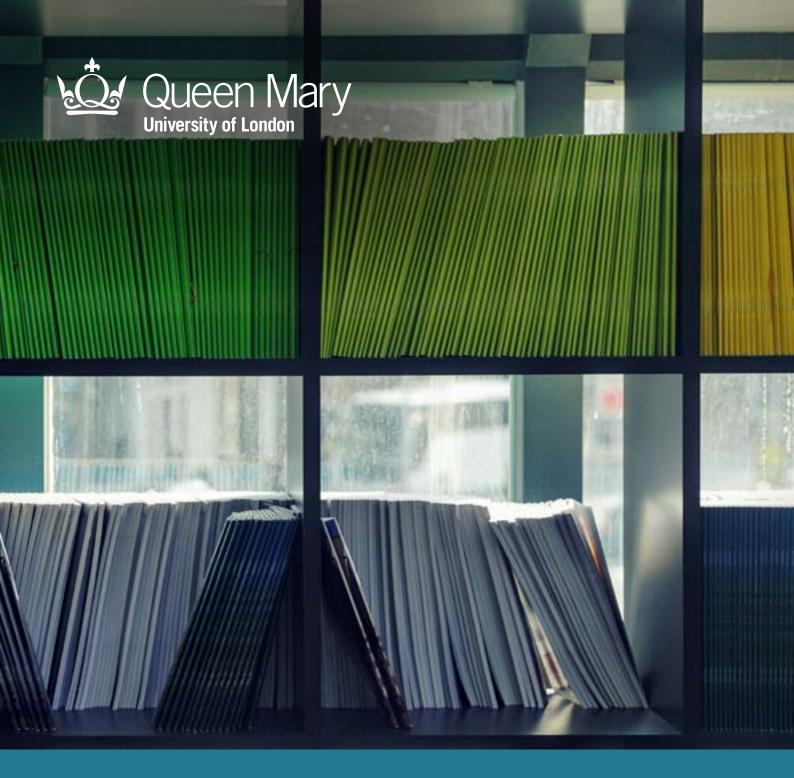
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27 February 2019	Performing mental health	Dr Maria Turri and Professor Bridget Escolme
27 March 2019	Measuring risk of being radicalised and the relationship with mental disorders, social factors, and violence	Ms Michaela Otis
24 April 2019	Can we prevent dementia?	Dr Charles Marshall
22 May 2019	Personality in maltreating parents	Dr Hannah Jones
26 June 2019	Mental health of syrian refugee children based in Lebanon	Dr Michael Pluess

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