



# ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

## News in brief



-The ODDESSI fidelity interviews are now complete in all sites! A huge thank you to every staff member who has taken part.

-The second panel of experts have begun training to rate relapse and recovery for the trial's primary outcome.

-The second week of the Open Dialogue training took place in January, with the third week due to take place at the end of March.

## ODDESSI shout outs



-Welcome to both Isobel Robinson and Megan Thompson! Isobel will be working on the trial part-time as a placement student, and Megan will be conducting her master's degree project with families who have experienced Open Dialogue.

-Goodbye to Emily Cornford who has left her role as a Research Assistant in Devon. Good luck in your new position!

## Trends, challenges, and priorities for shared decision making in mental health: The first umbrella review

Marta Chmielowska<sup>1,2,3</sup> , Yaara Zisman-Ilani<sup>3,4</sup> , Rob Saunders<sup>1,3</sup>  and Stephen Pilling<sup>1,3</sup>

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### Abstract

**Background:** Shared decision making (SDM) is a health communication model promoting patient-centered care that has not been routinely utilized in mental health. Inconsistent definitions, models, measurement tools, and lack of sufficient evidence for the effectiveness of SDM interventions are potential contributors to the limited use of SDM in mental health.

A recently published umbrella review provides the first systematic analysis of shared decision making (SDM) in mental health research. Written by Marta Chmielowska (ODDESSI PhD candidate), this paper provides an overview of 10 systematic reviews and 100 primary studies included within them.

The results of this review highlight the need to expand SDM in mental health research to a wider range of decisions, settings, and participants, with a particular focus on including family members, peer support workers, and non-mental health professionals. The directions for future research include the development of a new measure of SDM, which includes more than two people (going beyond traditional measures that involve only the patient and their clinician) and factors unique to SDM in mental health, such as stigma and mental capacity.

This would not only enable a better representation of cultural and ethnic diversity but would also put SDM at the centre of person-centred care and personal recovery of mental illness. Following this review, Marta plans to develop and validate the first measure of SDM in mental health with and for people with mental illness. The full review can be read [here](#).

**Georgie Parker, UCL Research Assistant**

## Spotlight on: Kirsty James

The 'spotlight on' feature includes an interview with someone involved in the ODESSI trial. We checked in with the trial's statistician, Kirsty James.

### Can you tell us a bit about yourself/ your background and your job?

I am a principal trial statistician working at King's College London. I have been working in clinical trials for just over 7 years now, predominantly on trials relating to mental health. As a statistician we are involved in all things analysis and data related but also contribute towards design aspects of the studies that we work on. It is a great job that allows me to put my maths and statistics background to good use but in a very practical setting that will hopefully lead to patient benefit.

### Can you tell us a bit about your role on ODESSI?

I've been involved with ODESSI since the beginning developing the databases for data collection and planning how we will conduct the statistical analysis. Once all the data is collected, I will be carrying out the analysis to assess the clinical outcomes of the trial and look at what effect Open Dialogue has had on our participants. Clinical trials are such a huge amount of work for everyone involved and the ODESSI team has worked so hard to get to this point, so I am looking forward to seeing it through to the end!

### What do you like to do when you're not at work?

I love to play tennis so do that as often as I can. I also love cooking and eating so I am working my way through a long list of London restaurants that I have been wanting to try! Having recently moved slightly further South of the river to (what feels like) the suburbs my husband and I spend a lot of our time out walking in the parks and getting dog envy- hopefully we will be fixing this soon!

### Want more updates or to get in touch?



To get in contact or join our mailing list, please email us at [oddesi@ucl.ac.uk](mailto:oddesi@ucl.ac.uk). You can also keep up to date on the trial online at [www.ucl.ac.uk](http://www.ucl.ac.uk) or follow @ODESSI\_UCL on Twitter.



Kirsty and her husband recently at a wedding.

## Call for participants!



We are currently looking for participants for two research studies looking at people's experiences of Open Dialogue.

**Study 1:** Looking for Black African/Caribbean and south Asian ODESSI research participants who have experienced Open Dialogue for an interview.

**Study 2:** Looking for families who have experienced Open Dialogue to take part in a focus group.

If you or someone you know is interested in taking part in either of these research projects, please email [georgie.parker.17@ucl.ac.uk](mailto:georgie.parker.17@ucl.ac.uk) for more information.