

ODDESSI NEWS

Newsletter with updates from the ODDESSI Research Programme

News in Brief

-We have recruited 488 trial participants, with several sites reaching their targets ahead of the end of 2021.

-On the 6th of October the ODDESSI Principal Investigators and Open Dialogue Leads met virtually to look towards the next two years of delivering Open Dialogue.

-Russell Razzaque featured on Sky News for World Mental Health Day, talking about how Open Dialogue changes the approach to mental health care. See our twitter for a clip.

-Open Dialogue practitioners from across the ODDESSI trial sites met for professional development days on 13th and 14th of October at High Leigh conference centre (pictured).

-Both the Data Monitoring Committee and the Lived Experience Advisory Panel will meet in November to review research data and processes.

-The Open Dialogue team in Devon won our competition for submitting the most recordings of network meetings. They enjoyed their prize of a team breakfast (see photo).



Funding and extension granted for ODDESSI

I am delighted to inform you that we have been granted a 17-month extension and a further £431,000 in funding to complete the ODDESSI research programme. This is clearly an indication of the importance that the National Institute for Health Research place on the evaluation of Open Dialogue and it is also a tribute to all the hard work that the clinical teams in the five participating Trusts have undertaken over the past four years. I am enormously grateful for all the hard work the teams have put into supporting this internationally important work.

However, our work is not yet complete. We have a further two years in which it is vital that we continue to provide both high-quality Open Dialogue and Treatment as Usual so that we can be confident that the trial's results are valid and can stand proper scientific scrutiny. We also owe it to the many service users, their families and carers who have made an enormous contribution that we have a complete clinical trial. I would therefore be very grateful if you and colleagues could continue to support the research program in the way that you have done over the past four or more years.

Professor Stephen Pilling, ODDESSI Chief Investigator



Emma McKenzie will be doing a PhD looking at Open Dialogue and access for ethnic minority groups.

ODDESSI Featured in Your Voice

The feature in the Rethink Mental Illness Autumn newsletter, 'Your Voice' includes what we are looking at in our research, and why



Read it here:

https://issuu.com/rethinkcharity/docs/your_voice_autumn_2021

ODDESSI Shout-Outs

Professor David Mosse and **Liana Chase** from Haringey for volunteering themselves to take part in a fidelity interview & **Sarah Gouldthorpe** from Devon for being so helpful in getting interviews arranged.

Macey Cubbage, who has had her last day with us and the team in Kent. Thank you for all your hard work on ODDESSI and good luck in your new role!

Welcome to **Dr Lefteris Anestis**, who has joined the team in Middlesex and will be working on the ODDESSI Process Evaluation.

Spotlight on Emma McKenzie

The 'spotlight on' feature includes an interview with someone involved in the ODDESSI trial. We checked in with Emma McKenzie, who is a Research Assistant covering the Havering site, to hear about her upcoming PhD study.

Hi, I am Emma, a Research Assistant and PhD student for the ODDESSI trial. I enjoy running and reading (mainly fiction and memoirs), and I think these activities help me to refocus my attention and switch off from work and study. I do enjoy crochet too but do not always finish projects I start!

I am interested in research on psychological treatments and mental health services. As an Assistant Psychologist, I noticed that for some patients psychological treatments were not effective or easy to take part in. Seeing this confirmed my interest in a career in research.

I am specifically interested in evaluating and developing psychological treatments. This is why I applied for a role on ODDESSI, and I have enjoyed working on the project. I am one of the wellbeing representatives for the ODDESSI researchers at the moment. We have planned fun things to bring the team together, like a virtual movie night and sending everyone treats in the post.

In my PhD I will look at how people from ethnic minorities experience Open Dialogue. I will also look at whether there are any changes that can be made to Open Dialogue for people from different cultures. Open Dialogue is still new to the UK, so I think that now is a good time to think about how suitable it is for people from different cultures.

I am still in the early stages of my PhD, but I imagine that I will experience challenges and that it will be demanding. However, I trust that I will also experience fulfilment and personal and professional development. I have good support networks in both my personal and professional life. I have been part of a work PhD club for a year who have been great at giving me advice, such as how to manage my time and prepare for meetings. I look forward to the group's continued support and to being able to contribute to the group in a new way now that I have started my PhD.

Overall, I am looking forward to the academic journey ahead of me!

Emma McKenzie, NELFT Research Assistant and PhD student

Would you like more updates or to get in touch?

- Search for ODDESSI at www.ucl.ac.uk
- Email us at oddesi@ucl.ac.uk
- Find us on Twitter at [@ODDESSI_UCL](https://twitter.com/ODDESSI_UCL)