

RADAR

Research into Antipsychotic
Discontinuation And Reduction

**We are recruiting participants until
end of January 2020!**

Contact us on:

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NEWSLETTER

Autumn 2019; Issue 3



Members of the RADAR team

What is RADAR and why is it important?

RADAR is a research study investigating the effects of reducing antipsychotic medication. Half of the people who take part are supported to reduce their antipsychotic medication and the other half stay on their current dose. We meet all of our participants at 4 time-points over 2 years to ask some questions about how they are getting on. The results of the study will help us to understand whether reducing anti-psychotic medication can improve people's quality of life.



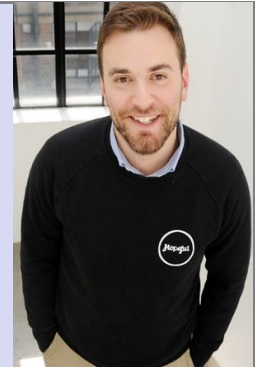
Welcoming our new study doctor, Dr Mark Horowitz

Mark is a trainee in psychiatry and has completed a PhD at King's College London in the neurobiology of antidepressants. He has an interest in rational prescribing in psychiatry, including de-prescribing – when and how to stop medications. He is currently Clinical Research Fellow on the RADAR trial.



Jonny's experience

"Recruiting people to research is always a huge challenge. I think people can be reluctant to participate in studies related to mental health, especially if the focus is on medication. There seems to be a resistance by some clinicians to want to delve into this area which I feel is a real shame.



Jonny Benjamin, MBE

I have been seen by various psychiatrists. Except for my present psychiatrist, all of them were dismissive when I talked to them about the antipsychotics they prescribed me.

This is why I am so passionate about this study.

Too often, patients voices are ignored and this is something that desperately needs to change.

When I was diagnosed with schizoaffective disorder I **felt a total loss of control** over everything that was happening to me. I was at the mercy of not only my mind but also the medical system I was in.

For the past few years I've shared my experiences in various settings including giving talks to different mental health trusts to **try to ensure that the patient voice is well and truly heard.**

I believe there needs to be greater collaboration moving forwards with more emphasis on the wants and needs of those with lived experience.

It is something we must always fight for, for both ourselves, and for the sake of the next generation who enter into the 'system'."

Jonny Benjamin is a member of our Lived Experience Advisory Panel (LEAP).*

*LEAP is made up of people with expertise in antipsychotic medication through personal use or as a carer for someone with psychosis. They meet regularly to discuss the progress of the study and topics such as future recruitment and study findings.

RADAR conferences

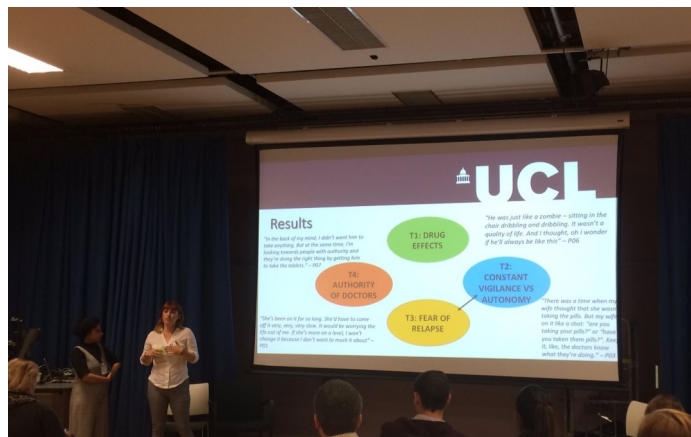
(14th February & 13th September 2019)

We ran 2 RADAR conferences for clinicians and researchers involved in RADAR in different parts of the country to meet each other face-to-face and share knowledge and experiences.

Some of the topics covered were:

- ◇ Updates of RADAR trial progress
- ◇ Challenges conducting trials in the NHS
- ◇ Results of the RADAR interview study
- ◇ Psychosocial support for people not taking antipsychotics
- ◇ Results of a carer interview study
- ◇ Social cognition and antipsychotics
- ◇ Drug treatment of psychosis in general practice
- ◇ Social functioning in psychosis
- ◇ Antidepressant withdrawal syndrome
- ◇ The LEAP team also presented about their experiences and why they believe RADAR is important.

Thank you to everyone for your attendance and contributions!

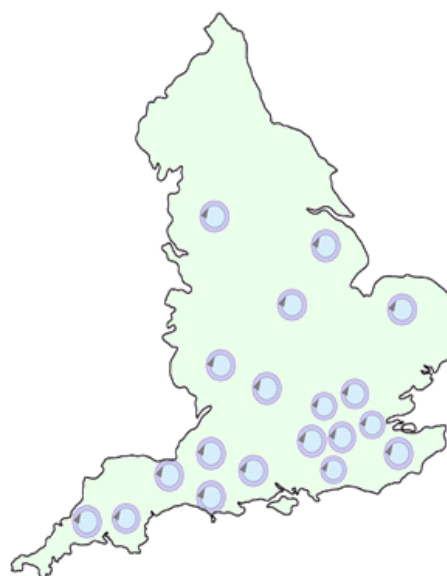


RADAR Conference presentation

We now have **19 sites** taking part in RADAR, each at various stages in the trial. We have recently introduced 4 new sites:

- ◇ Gloucestershire Health and Care NHS Foundation Trust
- ◇ Livewell Southwest
- ◇ Coventry and Warwickshire Partnership NHS trust
- ◇ Lancashire Care NHS Foundation Trust

Map of current sites



THANK YOU!

to everyone involved so far in supporting the RADAR study, including participants, clinicians and researchers.

Team updates

Joanna Moncrieff has been promoted to Professor by UCL Division of Psychiatry

Dr Jacki Stansfeld, the RADAR trial manager, passed her PhD at UCL

Georgie Buswell, a research assistant, completed her MSc in mental health

Jo Thompson and **Sandra Jayacodi** from the LEAP have joined the study team as peer researchers

And finally, we regret to announce that **Dr Nadia Crellin**, the RADAR programme manager, is leaving the team. We wish her all the best in her new role.

Keep up to date with RADAR trial progress and more!



Follow us on Twitter: **@RADARprogramme**



Visit our website: **www.ucl.ac.uk/psychiatry/antipsychotic-discontinuation-and-reduction**

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