



RADAR

Research into Antipsychotic
Discontinuation And Reduction

We are recruiting!

Contact us at:

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✉: radar@nelft.nhs.uk

NEWSLETTER

Spring 2019; Issue 2

What is RADAR?

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 antipsychotic medication can improve people's quality of life.



Dr Joanna Moncrieff,
our Chief Investigator



Introducing Ruth Counter-Smith, member of our Lived Experience Advisory Panel (LEAP)*

Ruth was a social worker for 26 years before retiring to care for a family member with mental health difficulties. Ruth is passionate about making changes to the current treatment model which she views as detrimental to mental health, particularly regarding antipsychotic medication.



Ruth Counter-Smith

How are you involved in RADAR?

"LEAP involvement helps RADAR to co-produce more effectively and to ensure that the voice of the service user/carer is heard. In such an important study it is crucial that people with lived experience are able to make a meaningful contribution"

Why do you think RADAR is important for patients, and for carers like yourself?

"In my experience, the adverse side effects of anti-psychotic medications have such a drastic impact on the lives of patients and their families; quality of life is very much diminished. The RADAR study will offer a major step forward in our understanding of treatment for psychosis."

Read Ruth's paper 'My Personal Experience of Orthodox Psychiatry and Alternative Approaches' online at:

[Smith \(2018\). R. J Relig Health
https://rcdu.be/bd2MS](https://rcdu.be/bd2MS)

or request a copy from radar@nelft.nhs.uk



Why is research into reducing antipsychotic medication important?

Antipsychotics can be really helpful for many people. However for some people, they cause side effects which are very difficult and outweigh the

benefits of the medication. Previous research suggested that in people who have had just one episode of psychosis, reducing antipsychotic medication can help to improve quality of life for some people. RADAR is investigating whether the same is true in those with more long-term psychosis.

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

What have we been doing?

Since our last newsletter we have continued to recruit participants across the country and we now have 140 people taking part. We've been following up our participants at 6 and 12 months and we will soon follow up with our first participants at 24 months. We have started to analyse the data from our interview study, where participants gave their views about taking antipsychotic medication. We are using content analysis to find the most common reasons why people want to stop or continue their medication.



The Central Study Team at our Christmas Breakfast

Left to right: Maria Long (Research Assistant), Joanna Moncrieff (Chief Investigator), Johura Akther-Robertson (Researcher & Administrator), Jacki Stansfeld (Deputy Trial Manager), Georgie Buswell (Research Assistant), Ruth Cooper (Senior Researcher), Nadia Crellin (Programme Manager), Zoë Haime (Research Assistant), Lisa Grünwald (Research Assistant) & Jemima Thomas (Research Assistant)

Map of current sites



We now have **16 sites** taking part in RADAR, each at various stages in the trial:

- ◇ North East London NHS Foundation Trust (NELFT) (*central study team*)
- ◇ East London NHS Foundation Trust (ELFT)
- ◇ Kent and Medway NHS and Social Care Partnership Trust (KMPT)
- ◇ Lincolnshire Partnership Foundation Trust (LPFT)
- ◇ Barnet, Enfield and Haringey Mental Health Trust (BEH)
- ◇ Camden and Islington NHS Foundation Trust (C&I)
- ◇ Oxford Health NHS Foundation Trust (OHFT)
- ◇ Central and North West London NHS Foundation Trust (CNWL)
- ◇ Avon and Wiltshire Mental Health Partnership NHS Trust (AWP)
- ◇ Dorset Healthcare University NHS Foundation Trust
- ◇ Sussex Partnership NHS Foundation Trust

Introducing 5 new sites:

- ◇ Cornwall Partnership NHS Foundation Trust
- ◇ Somerset Partnership NHS Foundation Trust (SOMPAR)
- ◇ Norfolk and Suffolk NHS Foundation Trust
- ◇ Rotherham, Doncaster & South Humber NHS Foundation Trust (RDASH)
- ◇ Southern Health NHS Foundation Trust

PARTICIPANTS NEEDED



We are currently recruiting!

If you know anyone who might want to take part in RADAR, please get in touch via the contact details below!



Email us RADAR@nelft.nhs.uk



Call us on **0300 555 1200 ext 64486**



Follow us on Twitter: [@RADARprogramme](https://twitter.com/RADARprogramme)



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

To everyone involved so far in supporting the RADAR study, including participants, clinicians and researchers:

THANK YOU!

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