

Research Newsletter

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Foreword by Dr Austen El-Osta,
Director, Self-Care Academic Research Unit
(SCARU), Imperial College London.



My work on loneliness has brought me into contact with various community and research groups around the UK, and more recently in the Hull region, collaborating with Humber Teaching NHS Foundation Trust. The

Measuring Loneliness in the UK (INTERACT) Study is the largest global study looking to develop a 'heat map' of loneliness at borough level. By people participating in a short, anonymised survey, it will be possible to identify 'hot spots' of loneliness in cities and towns. These geographic insights could lead to the development of targeted interventions to help identify and support people that are lonely or socially isolated and suffering in silence.

We have already recruited over 170,000 people nationally into the study and produced some [useful heat maps](#). We are now really excited to be collaborating with Hull City Council and Humber NHS to help make Hull and the Humber region the best place in the world for loneliness research. The idea is to get as many residents as possible in and around the Hull city area to respond to a brief anonymised survey (takes around 3-5 mins).

If more than 10% of the local population responds to the survey, we will for the first time have an international gold standard heat map that can be used by the local authority, NHS and voluntary organisations to deliver targeted interventions to tackle loneliness. One of the key benefits of bringing this study to Hull is "making loneliness everybody's business" so that this wicked problem of society could be talked about and destigmatised. We are all prone to feeling lonely at times, sometimes for longer periods after a breakup or the death of a loved one - but little is being done at the societal level to help support lonely people who are suffering in silence.

Please see page 2 to find out how you could help with this study.

8th Annual Research Conference

19 November 2025

Registration now open

Dr Austen El-Osta is one of our confirmed speakers.

Venue: Kingston Suite, MKM Stadium, Walton St, Hull HU3 6HU.

To book your in-person or online place please click on this link - <https://www.trybooking.com/uk/EPOM>



Community of Practice for Research

In celebration of International Clinical Trials Day, our next Trust Research Community of Practice session will take place online

Tues 20 May, 1.30-2.30pm

Look out for your invitation from our Communications Team coming soon.

Important study — we need your help please



The Loneliness Study

We're working again with Imperial College London to explore loneliness and social isolation in our region for the 'Measuring Loneliness in UK (INTERACT2)' Study

Loneliness is something that can affect people of all ages and from all walks of life. This study aims to map loneliness and highlight the scale of the issue. It's hoped this will help decision makers

consider new ways to support people who are lonely, feeling socially isolated and who may be suffering in silence.

In the first Loneliness Study (known as INTERACT), 300 of our Trust staff kindly volunteered to give their views on this important subject and over 100- people living in our local communities also participated. Responses from that brief online survey are already helping to build a clearer picture of how loneliness affects people. Clive Nicholson, Trust Research Nurse working on the study, said "It's been great to see colleagues from across the Trust engaged in research. The research team want to say a huge thank you to everyone who volunteered."

We are now reaching out again to encourage everyone around the Hull area, including those who took part in the previous study, to help us by completing this 5 minute survey please.

Let's combat loneliness together!



Setting	Links to the study	QR Code
East Riding	If you live in the East Riding and don't have a HU postcode, please click here: https://imperial.eu.qualtrics.com/jfe/form/SV_5bA7WlyTi1b1dbg	
Hull	If you have a HU postcode, please click here: https://imperial.eu.qualtrics.com/jfe/form/SV_8xqfiwzenpsjstU	

Studies we need your help with please

Visual Hallucinations

One in three people with psychosis have visions, also known as visual hallucinations. Surprisingly, little is known about these experiences. We are working with Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust to identify people who experience visual hallucinations.



They will be asked to complete a questionnaire which takes approximately 45-60 minutes. Those taking part will be given a £10 voucher for their time.

This study is for people who experience visions (visual hallucinations) and psychosis.

For more information,
scan here:



FUNDED BY
NIHR | National Institute
for Health Research



The Snacktivity™ study, led by Loughborough University, aims to develop a new approach to promoting physical activity.

Current guidelines advise adults to undertake 150 minutes per week of at least moderate-vigorous intensity physical activity, spread over the week in five 30-minute sessions. This approach often requires people to make large changes to their lifestyle and is hard to achieve. Snacktivity™ takes a different approach, seeing the whole of a typical day as opportunity for activity 'snacks', each lasting 2-3 minutes. E.g. walk-talk conversations, walking coffee breaks, using stairs not the lift, calf raises while brushing your teeth and squats while waiting for the kettle to boil.

People taking part in this study receive either 1) current NHS guidance about physical activity, or 2) the Snacktivity™ intervention. The Snacktivity™ intervention is designed to be delivered by health care professionals and takes around five minutes. It uses a mobile phone App (called the SnackApp) synchronised with a physical activity tracker (Fitbit watch) to help participants to self-monitor their Snacktivity™ throughout the day. Please contact our Trust Research Team for further information.

Recent Publications involving our Trust



Armitt, H.A, Kingsley, E.N., Attwell, L., *et al.* (2025) Co-production of a nature-based intervention for children with ADHD study (CONIFAS): Creating a home-based intervention with children and families with lived experience of ADHD, *Science Direct Children and Youth Services Review*, Volume 169, 2025 <https://doi.org/10.1016/j.chilcyouth.2024.108042>

Abdel-Fattah, M., Omar, M.I., Johnson, D., *et al.* (2024) CATHETER II: a randomised controlled trial comparing the clinical effectiveness of various washout policies versus no washout policy in preventing catheter-associated complications in adults living with long-term catheters. *BMJ Open* 2024;14:e087203. doi:10.1136/bmjopen-2024-087203

Tiba, A., Drugaș, M., Voss, L., *et al.* (2025). The ABC model of positive feelings: A preliminary test. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 43(1), p.14.



New Study in Primary Care

ENHANCE: A blended app and coach support programme to improve brain health

Researchers from University College London (UCL) are working with staff in our GP practices and our research team to help deliver this important study. The purpose of the research is to test a smartphone app designed to improve brain health and help people make positive lifestyle changes to reduce their risk of cognitive decline later in life.

People taking part may be invited to use an app with support from a health coach. Interviews will also be offered to discuss experiences of using the app and participating in the study.



NHS Long Service Awards

Members of our research team, Cathryn Hart, Steve Walker and Alison Greenley, have racked up 67 years between them. Cathryn collected her award in person earlier this year.



Welcome to our new Assistant Research Practitioners

Tim Beuscher

I started working for the Trust in 2004 as a weekend housekeeper, moving into clinical work at PSYPHER in 2013. The opportunities that came through working for Humber enabled me to develop. After working as a lecturer and researcher in academia for the last 8 years, I'm happy to return to Humber. Having taught student nurses/practitioners about research I am keen to get more involved in making it happen, and contribute to improving local health and wellbeing. My own research has examined family experience of hoarding, mental health nursing students' experiences, and academic staff wellbeing support. I have a current research project running with the Library of Stuff CIC, where I'm a Director. We're trying to find out what helps people to let go of things into community ownership. Outside of this, you can find me at Away with Words spoken word night every month, or, babysitter permitting, the Adelphi! I hope to bump into a few familiar faces around the Trust.



Rachael Cooney

I'm so excited to be joining the Humber Research Team! I've always loved research—both my undergraduate and master's dissertations were such rewarding experiences. Most recently, I explored the experiences of students with endometriosis, particularly their mental health challenges. I truly believe research drives positive change in healthcare, helping us improve services and make a real difference in people's lives. It allows us to challenge existing ideas, find new solutions, and continuously improve care. My background is mainly in childhood and education, but I can't wait to expand my knowledge and get involved in research across different communities. Everyone deserves access to the best possible healthcare, and I'm eager to be part of a team that's working to make that happen. Looking forward to this exciting journey ahead!

MSc Mental Health Research 2025/26

The [MSc Mental Health Research](#) programme at the University of York is designed to support those interested in developing the knowledge and skills to conduct high quality research in mental health settings. Open to applicants from a range of backgrounds including nursing, psychology, social work, occupational therapy and medicine, with full and part time study options available.

If you would like to find out more or if you have any questions, please get in touch with the programme leads:

katie.pybus@york.ac.uk

dean.mcmillan@york.ac.uk

The Research Team would like to wish Maggie Bean, Primary Care Matron, a long and happy retirement. We would like to thank Maggie for all her hard work and dedication to research.



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