

# Research & Innovation @ ELFT Conference 2024

## Chair Bios



### **Nathan Davies**

Professor in Ageing and Applied Health and Care Research  
Queen Mary University of London

Nathan Davies is Professor in Ageing and Applied Health and Care Research, and Co-Lead of the Centre for Psychiatry and Mental Health (CPMH) at Queen Mary University of London. He is an expert in dementia care, with interests in ageing, dementia, clinical decision making, unmet complex needs and eHealth. He leads and is Co-Director of an Alzheimer's Society Doctoral Training Centre (ICare-DTC), hosting 29 PhD students with a focus on integrated care in dementia. Prof Davies has an extensive record of high impact research in dementia care; developing interventions on decision making and inclusion which have been implemented internationally in health and care services.



### **Mathijs (Mat) Lucassen**

Reader in Mental Health  
City St George's, University of London

Mat originally trained as an occupational therapist and has worked in mental health services in both England and New Zealand, primarily CAMHS. He is part of the core team that created SPARX, which is a serious game-based form of cognitive behavioural therapy for the treatment of adolescent depression, and his PhD project involved developing and evaluating a 'rainbow version' of SPARX for sexual minority youth. Following clinical trials, SPARX was made freely available in New Zealand in 2014 by the Ministry of Health. Mat has been involved in adolescent mental health-related projects, such as studies of SPARX in a range of countries including for completed trials in Canada and the Netherlands, and for studies currently underway in Australia and the UK. He is an honorary academic at the University of Auckland and Victoria University of Wellington in New Zealand.

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### **Katherine Adlington**

NIHR Academic Clinical Fellow, Higher Trainee in General Adult Psychiatry ST5  
Queen Mary, University of London, East London NHS Foundation Trust

Kate completed her BA in Human Sciences at Oxford University before gaining her MBBS at Kings College London and a Mental Health Sciences Research MSc at University College London. She is an NIHR Academic Clinical Fellow in General Adult Psychiatry with an interest in perinatal psychiatry. She is a Trainee representative on the RCPsych Perinatal Faculty Executive Committee and a Section Editor for the BJPsych, having previously worked as a Clinical Editor at The BMJ.



### **Karin Albani**

Associate Director of Research  
East London NHS Foundation Trust

With a background in law, journalism, and the telecommunications industry, Karin joined the research team at ELFT in 2005 in order to pursue a career in public service. She views her role as facilitating and promoting innovation in the NHS in order to improve the quality of life of the communities we serve.



### **Omar Aljazi**

Higher Psychiatry Trainee  
North East London NHS Foundation Trust

Dr. Omar Aljazi is an ST6 in General Adult Psychiatry, currently working in Liaison Psychiatry at Homerton University Hospital. He has completed the Associate Principal Investigator Scheme with the National Institute for Health and Care Research (NIHR), through which he contributed to the Co-PACT study. Omar's clinical and research experience underscores his dedication to advancing mental health care through innovative research and collaboration.

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### **Tahmida Baksh**

Clinical Support Worker  
East London NHS Foundation Trust

Tahmida is a Clinical Support Worker and Research Assistant in the Eating Disorder Intensive Pathway for the East London Community Eating Disorder Service. Aspiring to become a Clinical Psychologist, she is passionate about advancing research in the field of eating disorders and contributing to innovative care solutions.



### **Rahul Bhattacharya**

Consultant Psychiatrist and Associate Clinical Director in Tower Hamlets  
EDI Research Lead  
East London NHS Foundation Trust



### **Agnès Chevalier**

SCENE Programme Manager  
East London NHS Foundation Trust

Agnès is a Senior Researcher at the Unit for Social and Community Psychiatry (USCP) and has been the Programme Manager for SCENE since 2018. After graduating with a degree in Psychology, she has worked at the USCP for almost 10 years where she gained experience working on a number of trials evaluating psycho-social interventions, as well as working therapeutically in acute mental health care settings.

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### Erica Cini

Consultant Psychiatrist  
East London NHS Foundation Trust

Erica is a clinical academic at the Institute of Psychiatry, Psychology & Neuroscience at King's College London and at University College London. Clinically, she practices as a consultant psychiatrist at East London NHS Foundation Trust where she is the lead psychiatrist for the Eating Disorders Intensive Pathway for Children and Young People. Erica is also a clinical advisor to Beat, the national eating disorder charity. She was an elected member for the Faculty of Eating Disorders at the Royal College of Psychiatry where she led on quality improvement projects and was one of the contributors to the MEED (Medical Emergencies in Eating Disorders) guideline. Her academic interests are higher education and eating disorders research.



### Louise Coombes

Research Assistant, Assured Study  
City St. George's, University of London

Louise is a registered Occupational Therapist with experience working in acute mental health services in London. Louise graduated from her master's in 2023 where she studied MSc Global Mental Health and Society at the University of Edinburgh. Louise is passionate about using research to make health systems and services work better for the people who use them.



### Osheen Fatima

Specialty Doctor  
East London NHS Foundation Trust

Osheen Fatima is an SAS doctor at the East London Community Eating Disorders Service for Children and Young People. She earned her MBBS degree in Pakistan and has been with ELFT since 2022.

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### **Saleem Haider**

People Participation Lead for Digital  
East London NHS Foundation Trust

With a background in deploying mobile solutions, Saleem turned his focus towards healthcare in 2014 and worked with clinicians in creating digitalised care pathways. Reviewing patient uptake, he realised adoption levels of digital health programmes could be better if service users were more involved in digital service design and found in ELFT the value of people participation. Saleem joined ELFT in 2021 and has formed the People Participation Digital Community (PPDC), a forum of digitally activated service users to explore their hope and barriers with digital health. Collaboration and co-production is a key driver where the PPDC have participated in this study design and coproduced ELFT's digital inclusion strategy to meet the challenges of digital inequalities to raise digital access and digital literacy for service users.



### **Jennifer Heath**

Principal Lecturer (Research) in Clinical Psychology  
University of Hertfordshire

Jen is a Research Tutor, leading the UH DClInPsy Health and Wellbeing Research Stream, co-leading and teaching the research methods curriculum, as well as providing the research supervisor continuing professional development programme. Jen is also a registered Clinical Psychologist, with experience working in physical health and medical settings. She is currently working as a co-investigator on an NIHR-funded project to develop and validate an experience measure for paediatric kidney patients and is supervising doctoral research focusing on diabetes self-management and the impact of technology on this, eating disorder presentations in people living with type 1 diabetes, and transition in diabetes services (amongst other projects!).

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### Josh Lee

Research Assistant  
City St. George's, University of London

Josh works as part of small team on the Supporting Adolescents with Self-Harm (SASH) study. Prior to working in research, he fulfilled various clinical roles across a range of Tier 4 and community mental health services. Through this, he gained a particular interest in working with Young People and developing better ways to support those experiencing acute mental distress.



### Hannah Lewis

Postdoctoral Researcher  
Queen Mary University of London

Hannah is a Postdoctoral Researcher interested in how schools can deliver eating disorder prevention programmes more inclusively. She has just completed her PhD at Queen Mary University of London, where she explored the barriers and facilitators to implementation of 'The Body Project' eating disorder prevention program in the UK, specifically looking at how to culturally adapt a school-based intervention to be inclusive of ethnic minority groups such as South Asian women and girls. During this time, she undertook a 3-month secondment as a UKRI Policy Fellow where she supported the Health and Social Care Committee's inquiries into body image and children and young people's mental health. She is also working on the implementation and evaluation of 'The Body Project' intervention across the county of Gloucestershire, and has presented her work on 'The Body Project' at many national and international conferences. She also supervises student research projects on University College London's MSc in Eating Disorders and Clinical Nutrition and is a Fellow at the NIHR Mental Health Policy Research Unit.

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### **Julia Michalek**

Postdoctoral Researcher, Youth Resilience Unit  
Queen Mary University of London

I am a postdoctoral researcher at the Youth Resilience Unit currently working on the Barts Charity funded longitudinal cohort study (DEER) which explores risk and resilience factors in young children in East London. My previous research focused on emotion perception and attention in populations of children affected by war and displacement.



### **Kathleen Mulligan**

Senior Research Fellow in Health Services Research  
City, University of London

Kathleen is a Chartered Psychologist and a Senior Research Fellow. Her work focuses on self-management of long-term conditions including the development and evaluation of self-management interventions.



### **Camilla Parker**

NIHR Academic Clinical Fellow, Centre for Psychiatry and Mental Health, Core Psychiatry Trainee CT3  
Queen Mary University of London, East London NHS Foundation Trust

Dr Parker's research focuses primarily on understanding the impact of child maltreatment and trauma on mental health outcomes across the life course with a view to identifying and harnessing psychosocial protective factors with the potential to alter negative developmental trajectories and risk for psychopathology. She is currently undertaking a multi-informant qualitative study exploring perspectives of school emotional burden in autistic and/or ADHD young people with school attendance problems.

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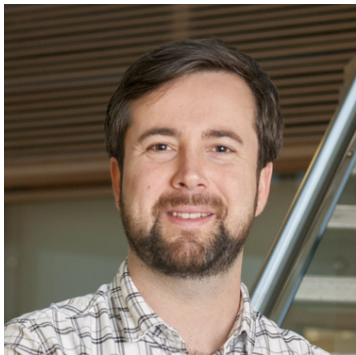
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### **Akshith Shetty**

ST-6 Speciality Registrar, IMG Peer Lead & Advisor  
East London NHS Foundation Trust

Akshith is currently an ST6 Dual General Adult/Older Adult Psychiatry trainee working in the Bethnal Green Neighbourhood Mental health team. He has completed his undergraduate medical degree and psychiatry training in Kasturba Medical College, Manipal (India) completing a research project in Adapting Cognitive testing in Dementia for a rural population. He is interested in healthcare research, currently studying healthcare services from the Equality Diversity and Inclusion perspective.



### **Stuart Spicer**

Research Fellow  
University of Plymouth

Stuart is a researcher in applied healthcare and psychology at the University of Plymouth. His current role is Research Fellow at PenARC (NIHR Applied Research Collaboration South West Peninsula), and he is also part of the Community & Primary Care Research Group. He has a background in quantitative methods, statistical analyses, and working with natural datasets, including routinely collected data from electronic healthcare records. He has an interest in health inequalities, and he is currently involved in several research projects, predominantly within mental health, chronic pain, frailty and dementia. This includes working with East London Foundation Trust on an evaluation of routinely collected data, to understand how mental health services are working, and the impact of the Community Mental Health Transformation. He is also investigating the relationship between socio-economic inequality, and the overprescribing of medication for chronic pain and psychological distress. He is currently working within PenARC to develop a wider research programme in this area.



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### **Emanuele Valenti**

Assistant Professor  
University of Warwick

Emanuele Valenti is an Assistant Professor at the University of Warwick Medical School with a background in medical ethics and qualitative research. He has been involved as a researcher and project manager in designing and implementing more than ten national and international research projects. His research interests are oriented toward exploring the ethical issues of using influence strategies in mental health services, particularly formal (overt) and informal (covert) coercion. His research uses empirical bioethics methodologies to align theory and practice and descriptive and normative features of clinical decision-making in mental health.

Since his PhD dissertation, he has used qualitative methodology to explore mental health patients' and professionals' perceptions of involuntary treatments and the use of leverages and pressures in hospitals and community mental health care services. He has also analysed the different theorisations of coercion from a multidisciplinary angle, including political and analytical philosophy, sociology, social psychology, and law.

He has been involved in two main projects about coercion led by Professor Stefan Priebe at the Unit for Social and Community Psychiatry: the "Involve Study" (Outcomes of involuntary hospital admission in England) funded by the Department of Health, UK about formal coercion and the "Covert Coercion Study" (Informal coercion in psychiatry a focus group study of attitude and experiences of mental health professionals in ten countries) supported by the Unit for Social and Community Psychiatry and aimed to explore the perceptions of mental health professionals about the use of pressures and leverages in community mental health care.

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### **Marc van Roosmalen**

Consultant Lead Clinical Psychologist  
East London NHS Foundation Trust

Marc has been working as a clinical psychologist in the NHS since October 1994 and in children's mental health since March 1996. He has been the clinical lead for CAMHS early intervention services in Luton, Bedfordshire, since July 2001, starting as a three-year crime prevention project working with schools, and broadened to serve other local social and educational inclusion projects.

His interests combine clinical service development of a resilience-based, whole family and trauma-informed early intervention (called the Community Relations or CoRe) model of support for multi-agency children's services, practice based and pragmatic evaluation and research, programme logic models and theory of change as frameworks for outcomes focused service design, delivery and evaluation, and the leadership role in consultancy and training.