

Health Research in East London

Chair Bios



Mark Freestone

Reader in Mental Health and Director of Education
Wolfson Institute of Population Health, Queen Mary University of London

Following a background in social science, he has since come to work mainly in the field of forensic mental health, conducting both epidemiological and health services research into the efficacy of treatments for offenders. He is also an Honorary Senior Research Fellow at East London NHS Foundation Trust and a Fellow of the Alan Turing Institute. He has also consulted on forensic mental health issues for NHS England and recently the BBC America drama series Killing Eve. Dr Freestone's current work includes: the epidemiology of violence; outcomes research in forensic mental health services; causal inference networks for violence risk management; clinical sub-types of personality disorder and psychopathy; substance misuse as a risk factor for violence; and patterns of service use by young men in the UK. His current research is into the understanding of causal mechanisms in risk assessment using advanced statistical modelling, and the effectiveness of psychosocial interventions for offenders with personality disorder



Rose McCabe

Lead, Centre for Mental Health Research
School of Health Sciences, City, University of London

Rose previously worked in the Unit for Social and Community Psychiatry (jointly funded by the Trust and QMUL) for many years, before she became Professor of Clinical Communication at the University of Exeter. She is now Professor with the same title at City, University of London. She works on how communication is linked to the therapeutic relationship and developing interventions to improve communication and therapeutic relationships in mental healthcare.

Health Research in East London

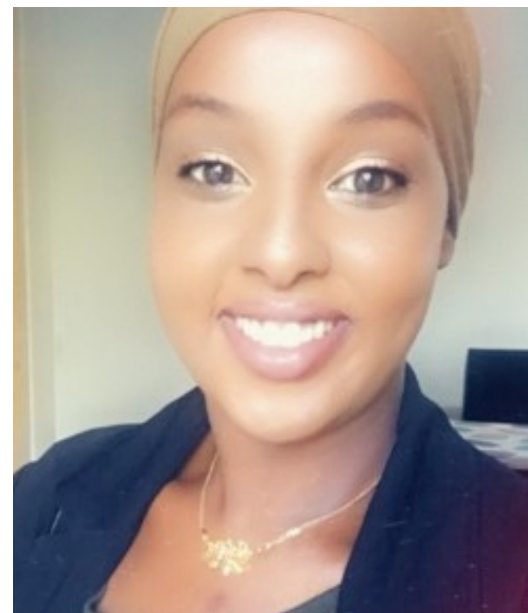
Speaker Bios



Nadia Abdel-Halim

Research Assistant Unit for Social and Community Psychiatry
Wolfson Institute of Population Health, Queen Mary University of London

Nadia recently joined the Remote DIALOG+ study. This project aims to develop a new communication system and platform that will allow the DIALOG+ intervention to be delivered remotely within community care. Her previous research explored the community membership experiences of people with learning disabilities and autism. She is very interested in understanding how mental health conditions affect experiences of friendship and sexual citizenship.



Nafiso Ahmed

Doctoral Research Student
School of Health Sciences, Centre for Mental Health Research, City, University of London

Nafiso is near completion of a PhD in Mental Health, match-funded by City, University of London and East London NHS Foundation Trust (ELFT). Her PhD explored 'Shared Decision-Making in Risk Assessment and Risk Management with Individuals with Severe Mental Illness' and was informed by psychological theory. She will be presenting findings from a qualitative interview study with mental health professionals and services users.



Karin Albani

Associate Director of Research
East London NHS Foundation Trust

With a background in law, journalism, and the telecommunications industry, Karin joined 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 the communities we serve.

Health Research in East London

Speaker Bios



Katie Ash

Assistant Psychologist
East London NHS Foundation Trust

Katie Ash is an Assistant Psychologist at ELFT Community Learning Disability Service. She has recently authored a paper about sepsis and is currently writing up a multi-perspectival paper including adults with learning disabilities and their parents. Katie's interests broadly include attachment, neuropsychology and systemic work.



Kirsten Barnicot

Lecturer in Mental Health Services Research
School of Health Sciences, City, University of London

Kirsten is a psychologist with a special interest in the prevention and treatment of inter-generational mental health difficulties. Her work has particularly focussed on the experiences of people diagnosed with personality disorder who may be survivors of complex trauma, and on parent-infant interventions in the perinatal period. She joined City University of London as a Lecturer in Mental Health Services Research in 2020, having previously held NIHR Doctoral and Postdoctoral Fellowship positions at Queen Mary University of London and Imperial College London. She has recently led an NIHR-funded randomised controlled trial of the video feedback intervention for positive parenting (VIPP) for parents with enduring difficulties in managing emotions and relationships, and is currently working on adapting this intervention for very young babies. Prior to this, her Postdoctoral Fellowship explored the interplay between personality disorder and post-traumatic stress disorder, and evaluated outcomes and experiences of dialectical behaviour therapy and mentalization-based psychological therapies.

Health Research in East London

Speaker Bios



Joanne Beckmann

Consultant Community Paediatrician and Clinical Lead for Community Paediatrics
East London NHS Foundation Trust

Dr Jo Beckmann is a Consultant Community Paediatrician and Clinical Lead for Community Paediatrics for the Specialist Children & Young People's Services in Newham, East London. In addition to her clinical responsibilities, she is completing her PhD studies at University College London with the EPICure Study (www.epicure.ac.uk), having previously been the Research Fellow for the EPICure-19 phase of the study since 2013. Since April 2020, she has also been a collaborator on the Public Health England sKIDs Paediatric Surveillance work for COVID-19 in schools (<https://www.gov.uk/guidance/covid-19-paediatric-surveillance>).



Thomas Cawthorne

Trainee Clinical Psychologist
Royal Holloway, University of London

Tom recently completed a 6-month placement in Tower Hamlets Community Learning Disability Service. He is passionate about working with service users and families from a diverse range of backgrounds.



Isabelle Foote

PhD Student
Wolfson Institute of Population Health, Queen Mary University of London

Isabelle is a registered nurse and final year PhD student based in the Unit for Psychological Medicine and the Preventive Neurology Unit at Queen Mary University of London. Her research uses multivariate genetic methods to explore the mechanisms by which modifiable risk factors influence dementia onset and brain health to identify potential targets for dementia prevention or treatment.

Health Research in East London

Speaker Bios



Steve Gillard

Professor of Mental Health Research
School of Health Sciences, City, University of London

Professor Gillard is a mental health services researcher whose research takes a social and community perspective on mental health. He leads an internationally recognised programme of NIHR-funded research on peer support in mental health services, currently exploring adaptation of peer support into different specialist mental health settings and cultural contexts, and online peer support. His research takes a critical approach to the coproduction of knowledge, supporting and enabling researchers working from an explicitly experiential and survivor perspective to shape and change the way mental health research is done. Having begun as a qualitative researcher, his research brings randomised controlled trials and quasi-experimental methods together with experiential knowledge to provoke and produce new insight.



Harpreet Kaur Sihre

Study Co-ordinator
East London NHS Foundation Trust

Harpreet completed her PhD in perinatal psychiatry in 2019 and soon after joined the NIHR funded PAAM study. This study aims to explore accessibility and acceptability of perinatal mental health services for women from ethnic minority groups. Harpreet will be presenting preliminary findings from the qualitative interviews with women who engaged and women who dis-engaged with Perinatal Mental Health Services.

Health Research in East London

Speaker Bios



Jennifer Lau

Co-director, Youth Resilience Research Unit
Wolfson Institute of Population Health, Queen Mary University of London

Jennifer has studied youth anxiety and depression for 20 years, first investigating the role of gene-environment interactions and then brain-based cognitive factors. More recently, she has become interested in translating developmental cognitive neuroscience findings into the development of novel accessible interventions, working with young people and key stakeholders in their conception and production. In her new role, she hopes to discover the potential of social and community resources in delivering interventions to young people. Previous to Queen Mary, Jennifer was based at King's College London and the University of Oxford. She completed her PhD at KCL and her post-doctoral training at the National Institute of Mental Health in the US.



Hannah Lewis

PhD Student
Wolfson Institute of Population Health, Queen Mary University of London

Hannah had previously studied at the Centre for Psychiatry where she completed an MSc in Cultural and Global Perspectives in Mental Health Care, where she undertook a systematic review of school-based body image interventions to assess their cultural inclusivity. After working in mental health policy for a national charitable organisation, she returned to the Centre in 2019 to study an MRes in Psychological Therapies and conducted a second systematic review which explored the involvement of people with lived experience of eating disorders in prevention and treatment interventions.

For her London Interdisciplinary Social Science (LISS) funded PhD project, Hannah is building upon her previous research in eating disorder prevention, cultural inclusivity and involvement by co-producing a cultural adaptation of The Body Project – an eating disorder prevention programme based on cognitive dissonance which has the most robust evidence base in the field. By working closely with the diverse community of Tower Hamlets, Hannah intends to co-deliver and co-evaluate the culturally adapted intervention in local schools with educational mental health practitioners and experts-by experience.

Health Research in East London

Speaker Bios



Emma Millard

Doctoral Research Student and Music Therapist
Wolfson Institute of Population Health, Queen Mary University of London

Emma has just completed a PhD at the Unit for Social and Community Psychiatry. She is a music therapist with a background in psychology. Her PhD looked at the role of patient preferences in the arts therapies, which she will be sharing during the research day.



Kathleen Mulligan

Senior Research Fellow in Long-Term Conditions
School of Health Sciences, City, University of London

Kathleen is a Chartered Psychologist and a Senior Research Fellow at City University's Centre for Health Services Research. Her work focuses on self-management of long-term conditions including the development and evaluation of self-management interventions.



Osama Omrani

Academic Foundation Doctor
Royal London Hospital

I had a fantastic experience during my rotation at the City and Hackney Integrated Learning Disability Service under the supervision of Dr Laura Checkley and Dr Ian Hall and would like to present our Quality Improvement project.

Health Research in East London

Speaker Bios



Dennis Ougrin

Co-director, Youth Resilience Research Unit
Wolfson Institute of Population Health, Queen Mary University of London

Professor Ougrin graduated from a medical school in Ukraine in 1998 and came to the Maudsley hospital in the UK to undertake his post-graduate training in child and adolescent psychiatry. He worked as a consultant child and adolescent psychiatrist establishing and leading intensive community care services at South London and Maudsley NHS Foundation Trust. He also led the MSc in Child and Adolescent Mental Health at King's College London and acted as the Chief Investigator of major NIHR, MRC and charity-funded studies in the field of self-harm and intensive community care services. In 2018-2020 Professor Ougrin was the editor-in-chief of Child and Adolescent Mental Health, a key clinical journal in child and adolescent psychiatry, psychology and allied disciplines. In September 2021 Professor Ougrin was appointed to lead the Youth Resilience Research Unit at Queen Mary University of London.



Frank Röhrich

Medical Director Research & Innovation
East London NHS Foundation Trust

Started career in Psychiatry as a Community support worker in a Psychiatric Day Centre for chronic mentally ill patients in Hagen, Germany; subsequently working part-time as a psychiatric nurse assistant in an acute psychiatric hospital. Training in Integrative Body psychotherapy in the Netherlands; Medical Qualification (State Exam, MBBS equivalent in Berlin) and completed his M.D. at Free University Berlin/Germany, (Doctor of Medicine by Thesis): "Body concept and body schema and their relationship with psychopathological symptoms within acute paranoid schizophrenia". Specialist Training in Psychiatry, Neurology and Psychosomatic Medicine.

Consultant Psychiatrist, Newham Community NHS Trust / East London & the City University Mental Health NHS Trust since 1997, now East London NHS Foundation Trust. Clinical Director for Adult Mental Health in Newham 2000-2013; Since 2018 Medical Director Research, Innovation and Medical Education; Honorary Professor of Psychiatry at Wolfson Institute for Population Health, Queen Mary University of London; ELFT Director on a Master Programme for Body Psychotherapy at Maltepe University in Istanbul, Turkey.

Health Research in East London

Speaker Bios



Jacqueline Sin

Professor of Mental Health Nursing, Honorary Consultant Nurse: Health Research
School of Health Sciences, City, University of London, East London NHS Foundation Trust

Jacqueline is a mental health nurse and a health services researcher. She uses both qualitative and quantitative research methods to co-produce, evaluate and implement psychosocial interventions that work to improve people's mental health. Her recent project, called COPE-support, trialled an innovative digital interventions for family members and friends of people with psychosis (www.cope-support.org), won the Year 2020 NIHR McPin and MQ service user and carer involvement in mental health research award.



Carole Taylor

Lead Nurse for The Tissue Viability Service
East London NHS Foundation Trust

Carole's role is focused on prevention and management of complex wounds and to support the use of advanced wound treatments to enable people to receive care at home and prevent hospital admissions.