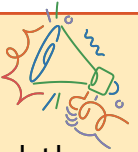




JUNE 2025 NEWSLETTER



TEAM SPOTLIGHT: DR MIN PENG - HEALTH ECONOMIST



I am a Health Economist in the ERA trial team. I joined the study team in early 2025. I work together with my colleague Dr Hiro Farabi, under the supervision of Dr Yan Feng and Professor Bobby Mihaylova. In the past few months, we worked intensively on assessing the cost-effectiveness, or value-for-money, of group arts therapies compared to group counselling for treating adults with mental health conditions in the NHS community services. This is my first randomised controlled trial (RCT) at QMUL after the completion of my PhD from King's College London in 2024.

The health economics data from the ERA trial is complex. The trial participants reported using hundreds of health care services (e.g. hospital stay, GP visit) and medications, with over 100 resources (e.g. clinician's time, guitar, art brush, speaker) reported to deliver the ERA interventions. Identifying and costing the resources required a lot of time and effort. This effort ensures we produce a high quality evaluation of cost-effectiveness of ERA interventions. In addition to data cleaning and preparation, I have improved my knowledge and skills in economic analysis of (cluster) RCTs. I am very happy with this opportunity to learn and increase my experience alongside the ERA trial.

ERA is important as it is the first trial to account for patient preferences, and to bring together individuals with different diagnoses in a group for arts therapies. The cost effectiveness of this type of therapy is limited, and the evaluation evidence is much needed. We are now moving toward the end of the data analysis. I am excited to contribute to the ERA study and its completion!

Follow the ERA team on Twitter (X), [@study_era](https://twitter.com/study_era) for regular updates or see elft.nhs.uk/era for more details about the study.



ERA UPDATES

The ERA team are continuing to work on the analysis of the study, and have now started to write up the results. The ERA team are also preparing events to celebrate the end of ERA with the clinicians and participants of the ERA study.

All sites

**Dissemination
and write up**

Analysis

Main trial
therapy
groups

Recruitment
for main trial

Assess
stop/go
criteria

Pilot round of
therapy
groups

Recruitment
for internal
pilot

Study
set-up

Please circulate this newsletter with your team or anyone who may be interested in hearing about ERA. For anything you would like to see included in the newsletter, please contact agnes.chevalier@nhs.net.