



# August 2021



**Total recruitment:  
160 Participants**

## Recruitment update

We are off to a fantastic start with recruitment and have enrolled 16 participants to ERA since the restart of the study. Thank you to the researchers for all of your hard work! We appreciate all the clinicians and teams across Bedford and London for your ongoing support. A huge thank you and special mention to the Recovery Team clinicians in Bedford and the Newham CRT clinicians in London. We would like to encourage referrals as recruitment continues.

## Preferences for group arts therapies: a cross-sectional survey of mental health patients and the general population

Some of the ERA team were involved in a newly published paper: A survey of preferences for the arts therapies. Led by Emma Millard, over 1500 participants (mental health patients and the general population) from all over England told us their preferred arts modalities and why. Having past experience of an arts therapies modality was the most frequent predictor of preference. When making a choice, participants considered enjoyment, helpfulness, feeling capable, impact on mood and social interaction to be important. This paper is available open access [here](#).

Follow the ERA team on Twitter [@study\\_era](#) for regular updates or see [elft.nhs.uk/era](http://elft.nhs.uk/era) for more details about the study.

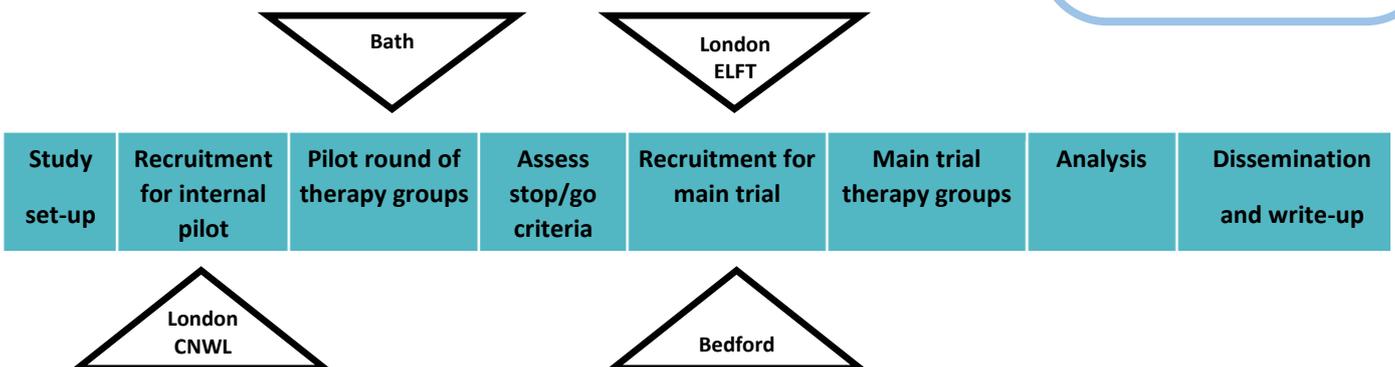


## New ERA team members

We would like to give a huge welcome to Research Associate Karthik Yogarajah who is the lead researcher at our new trial site, Central and North West London NHS Foundation Trust. Another warm welcome to our new Research Assistant Emma Millard who has recently completed her PhD and has now joined the London team in ELFT. They are both excited to join the ERA team!

**Contact us**  
If you have any concerns or queries regarding the trial, please do not hesitate to get in touch with ERA Chief Investigator,  
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### ERA project timeline



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 [emma.medlicott1@nhs.net](mailto:emma.medlicott1@nhs.net).