

# IPT-UK

# Research Leads

Fiona Duffy and Paul Wilkinson

# Introducing Ourselves

Paul Wilkinson is University Lecturer and Honorary Consultant in Child and Adolescent Psychiatry at the University of Cambridge. He carries out research on the epidemiology and treatment of self-harm and adolescent depression. He is involved in the development of interpersonal counselling delivered by local authority family support workers for young people with mild depression.



Fiona Duffy is a Lecturer at Edinburgh University and a Consultant Clinical Psychologist in NHS Lothian CAMHS. She carries out research in in the development and treatment of eating disorders in adolescents, with a specific interest in interpersonal risk and maintaining factors. She is involved in the development of preventative IPT body image groups for adolescents and recent IPT-A meta-analysis

# Research Lead Aims

1. Develop the research section of the IPT-UK website with key contacts and active research trials
2. Encouraging IPT-UK members to register research studies and evaluation projects on IPT-UK website.
3. Dissemination of published research mainly via the IPT-UK twitter feed @IPT\_UK and links to pre-registered trials on IPT-UK website



# Research Networks

4. Represent IPT-UK in supporting responses to clinical guidance or evidence reviews e.g. NICE/SIGN
5. Focus will be on building up and enhancing existing research networks to support multi-site collaboration within IPT-UK and with international colleagues.

# Past 6 months

- Represented IPT-UK in responding to NICE guidelines for depression in children and young people
- Developed response to members focusing on translating guidance for members:  
[https://www.iptuk.net/uploads/1/2/9/0/12909346/nice\\_cyp\\_depression\\_guidelines\\_-\\_ipt-uk.pdf](https://www.iptuk.net/uploads/1/2/9/0/12909346/nice_cyp_depression_guidelines_-_ipt-uk.pdf)
- Attended and contributed to International IPT conference in Budapest where there was strong representation from the UK
- Becoming more research active on IPT-UK twitter feed to disseminate new research

# Next 6 months

- Develop the research section of the IPT-UK website with key contacts, active research trials and capacity to register trials
  - if there are people who have not already been in contact please get in touch if you would like to be listed
- Research round up - will be reviewing 3 key papers every quarter along one theme – including relevant UK research to support dissemination. Will be downloaded from website but also embedded within newsletter

