

IPT-UK EXECUTIVE COMMITTEE
IPT-UK RESEARCH

NOT A STANDING START

- Since its inception and the first group of people gained training and recognition IPT in the UK has been linked with research and project work to ensure its efficacy and development
- A number of novel adaptation and application to new populations originated in groups in the UK and numerous evaluations are carried out
- Including important theoretical and conceptual advances in its applications and models
- More recently ipt became part of national datasets within camhs and IAPT

NEXT STEPS

As part of the role of IPT UK research lead I aim to :

- Develop a research network within IPTUK by circulating a request to let us know and register IPT related research studies and evaluation projects. With the aspiration to have projects and protocols pre registered on the IPTUK website in line with current research governance guidelines.
- To develop the Research section of the IPTUK website, including said register of studies, possibly a discussion forum for people to seek advice from members on current or planned IPT related research.
- Promoting research within the IPTUK membership by identifying regional research leads where groups are large enough to support this or to engage with regional leads to include research updates in their communication.
- To promote IPT research by disseminating and sharing IPT research within the network, including trainee and dissertation based research as well as evaluation projects and larger research studies.

NEXT STEPS

- A key part of promoting and developing research within IPTUK will be to form an active research network part of which will be a trial group facilitating protocol development, research collaboration on prospective multi site trials and linked databases
- I would like to propose for one of the next education meetings to have a section on new methodologies that can be used to develop small n research for psychological therapies as well as tests of mechanisms, which will help small groups to get scalable projects off the ground which may lead to trials
- To use a register of completed and ongoing trials to think about development of multi site studies badly needed to move from efficacy research into effectiveness trials for IPT