

# TANGLED UP IN BLUE: HOW THE NORTHERN CENTRE FOR MOOD DISORDERS RESEARCH SEMINAR SERIES BRINGS TOGETHER CLINICIANS AND ACADEMICS

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## INTRODUCTION

The Northern Centre for Mood Disorders (NCMD) was launched to support mood disorders research and bring together professionals from local **NHS Trusts and universities** (1). Activities include a weekly research seminar.

Topics span psychiatry, psychology, neuroscience and data science delivered by local and external speakers. It is open to any professional background at any career stage, attracting online and hybrid audiences of **up 100**.

The RCPsych Academic Faculty consider 'academic psychiatry as a way of thinking that benefits clinical services' and argue 'there is a need to grow academic psychiatry, widen participation and ensure clinical impact' (2). Previous formal evaluation of academic psychiatry educational activities using attendee feedback has been shown to improve delivery and grow the influence of academic psychiatry (3).

## AIM

To the **survey NCMD research seminar audience** to **gather feedback** which will **improve future delivery** and **inform others** wishing to develop similar educational activities.

The evaluation was **approved** by the CNTW Clinical Effectiveness and Audit Team (SER-25-368).

## METHODS

A **30-item MS Forms survey** covered:

Audience characteristics    Presenter experiences  
Content and educational impact  
Format, accessibility and inclusivity

Distributed via the **NCMD mailing list** for 2-weeks

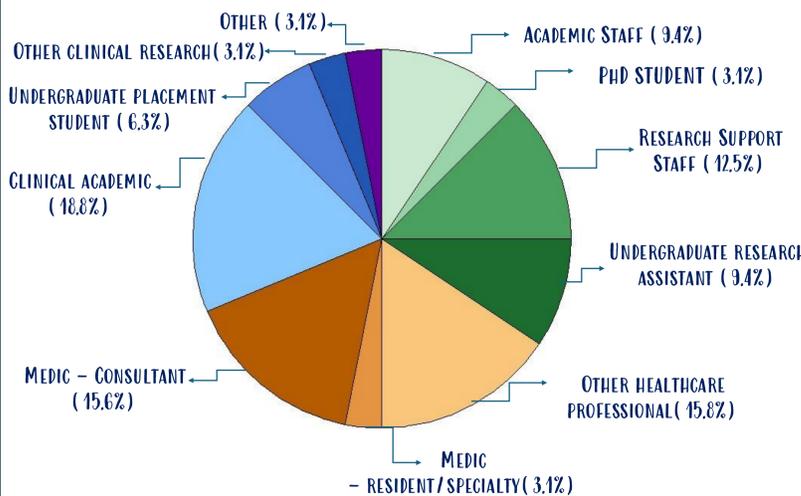
Qualitative and quantitative analysis of responses

## AUDIENCE CHARACTERISTICS

**32 responses were received** representing an audience with:

**Gender:** female (41%), male (38%), other (3%), not disclosed (19%). **Ethnicity:** White British (72%), Asian (6%), Black (3%), not disclosed (19%). **Attendance frequency:** Weekly (19%), fortnightly (41%), monthly (19%), termly (13%), <termly (9%).

### PROFESSIONAL ROLES OF ATTENDEES



**28% of respondents included presenters** (n=9).

'Useful to get feedback on current and future proposals, as well as driving recruitment for active research studies'

## RESULTS

### IMPACT ON RESEARCH AND CLINICAL PRACTICE



'Raised awareness of specific co-morbidities, conditions and treatments'  
'Being up to date with the latest evidence and possibility of research studies'

There was interest in **artificial intelligence** transcriptions of the sessions: 70% were likely to access the transcripts via the NCMD website or mailing list.

### REASONS FOR ATTENDING



### INCLUSIVITY & ACCESSIBILITY

There were **mixed views on people with lived experience** attending the seminars: 35% yes, 57% sometimes and 9% no

'If the language was accessible for those who aren't academics and research professionals... it would be a very good way to hear from those with lived experience'  
'it could be difficult for people with lived experience to fully understand it, without it being modified'



## CONCLUSIONS

This evaluation has shed light on how to best deliver a **local forum that bridges NHS and University communities**. Results have suggested that attendees agree that the **content and format of the seminars are appropriate**, and therefore attendee experience is satisfied. There was an interest in sessions involving **people with lived experience**, speakers from **non-medical specialties** and joint **clinical-academic discussions**. We expect to continue running the NCMD seminars and incorporating audience feedback will **maintain and build on its success**.

### How can we bring together NHS and University Staff?

'joint discussions' 'more psychology' 'more debates'

## References

1) <https://mood-disorders.co.uk>; 2) Critchley, H. D et al. (2024). Academic psychiatry is everyone's business. *The British Journal of Psychiatry*, 225(6), 521-525; 3) de Cates et al (2024). Breaking down barriers: promoting journals beyond the page with open access journal clubs. *BJPsych Bulletin*, 1-4.