



Copyright © Oxford University Images / Greg Smolonski

# Oxford Short Course in Experimental Medicine for Mental Health

5<sup>th</sup> – 7<sup>th</sup> Jan 2020

## Key information

OxCEMM is designed to provide a practical and comprehensive grounding in experimental medicine for mental health for those with a basic understanding, either at early stages in research, or planning to be actively involved in the future.

It is open to clinical and preclinical staff and trainees, medical doctors at any career stage. The course will be of interest to psychiatrists, neurologists, GPs and other specialists, nurses, basic scientists, allied health professionals and pharmacists.

**Date** 5 – 7 January 2020

**Course location** Warneford Hospital, Warneford Lane, Oxford, OX3 7JX

**Accommodation** St Anne's College, 56 Woodstock Rd, Oxford, OX2 6HS

**Cost** £800 for non-bursary attendees, plus optional £50 for course dinner.

Limited places and bursaries available. Bursaries will be awarded by the NIHR Oxford Health BRC to cover the costs of the course, accommodation, evening and daytime meals as well as refreshments.

Please note that a £50 refundable deposit will be required from successful applicants to secure a place.

**Application opens** 15 August 2019

**Application deadline** 4 October 2019

**Contact** [oxcemm@psych.ox.ac.uk](mailto:oxcemm@psych.ox.ac.uk)  
<http://oxfordhealthbrc.nihr.ac.uk/>  
[@OxHealthBRC](#)



Photo by Professor Noel Buckley

## Course content

Topics include study design, regulation, conduct and analysis of pharmacological and psychological studies, developing awareness of industrial considerations and emerging themes.

1.0 STUDY DESIGN	
Scientific integrity and validity of data is dependant on study design	
1.1 Introduction to study design & applying statistics Susannah Murphy	
1.2 Governance & legal framework Paul Harrison	
1.3 Psychopharmacology Catherine Harmer	
1.4 Ethical approval process Liliana Capitaio	
2.0 STUDY APPROACH	
Manipulate one variable, control and measure change in other variables	
2.1 Genetics & molecular studies Elizabeth Tunbridge	
2.2 Industry perspective Mike Browning	
2.3 Development of psychological therapies David Clark	
2.4 Remote monitoring & wearable devices Kate Saunders	
2.5 Neuroimaging Clare MacKay	
<b>CASE STUDY</b>	Design, approach & use of statistics Elizabeth Tunbridge / Paul Harrison / Liliana Capitaio

## Course content

“ Diverse range of topics providing a good background of the area, filling in gaps in knowledge

OxCEMM 2019 participant

3.0 UTILISING RESOURCES	
Identify enabling resources to successfully fund, refine and deliver a successful study	
3.1 Grant applications Sophie Hyndman	
3.2 Pharmacy: handling, storing & administering drugs Orla Macdonald	
3.3 Pharmacy workshop: what is a 'CTIMP'? Orla Macdonald	
3.4 How can PPI benefit your research? Claire Murray	
3.5 Group tours of facilities and labs	
4.0 DEVELOPING RESEARCH PLANS	
New perspectives through discussions with experts and insights into current research	
4.1 Current research: approach & findings Early career researchers	
4.2 Open science & reproducibility Laurence Hunt	
4.3 Communicating your findings to the media Andrea Cipriani	
4.4 Optional: 1-2-1 with senior researcher to discuss your project Individually appointed dependant on research project	
4.5 Panel Q&A: experimental medicine skill set John Geddes / Catherine Henshall / Susannah Murphy / Paul Harrison / Andrea Cipriani	
<b>CASE STUDY</b>	Strengths & weaknesses of proposed studies Elizabeth Tunbridge / Paul Harrison / Catherine Harmer

## Further information

### Training and development

NIHR Oxford Health BRC supports individuals carrying out mental health research through the provision of exceptional, tailored training programmes, resources and networks. OxCEMM is our flagship course in this regard.

This bespoke training programme is underpinned by the extensive knowledge of senior researchers within the BRC, and valuable contributions from guest speakers. Our programme equips participants with the skills required to translate basic science findings into clinical advances, and enables them to progress in their research career.

### Experimental medicine

At Oxford we have established expertise and infrastructure in experimental medicine, and believe we can add strength and depth to mental health research utilising experimental models to uncover key underlying processes of established treatments and test new ones.

By combining experimental medicine techniques with the latest tools and methodologies, we are able to speed the translation of basic science findings into clinical advances.

This year's course is supported by the **Wellcome Centre for Integrative Neuroimaging (WIN)**, a multidisciplinary neuroimaging research facility which aims to bridge the gap between laboratory neuroscience and human health.

[www.win.ox.ac.uk](http://www.win.ox.ac.uk)

*“ I have connected with new colleagues ..it has been interesting to think about other ways to approach experimental medicine studies, through group tasks and discussions, that are different from how I run experimental medicine studies. It has positively reinforced my future career aspirations to work in this area.*

*Great combination of inspiring talks and tours with practical advice which was at the right level for my stage of training. Great to have mix of participants. Also great to have so many inspiring female speakers!*

### Multidisciplinary. Collaborative. Engaging.

The multidisciplinary and collaborative nature of this course allows new insights and perspectives on mental health research, and sparks interest and excitement in exploring these further.

### Networking opportunities

Participants are able to discuss their questions and research ideas with peers, senior academics and PPI contributors throughout the course. Optional 1-2-1 sessions can be booked with a senior researcher, and also a member of the Patients & Research Group (PAR).



Copyright © Department of Psychiatry

We have established a dedicated **Experimental Medicine Network** platform to share training and development opportunities, knowledge, ideas and to foster mutually beneficial collaborations.

For more information about the **Experimental Medicine Network** or to join, email [emn@psych.ox.ac.uk](mailto:emn@psych.ox.ac.uk)

## 2019 review

### Summary

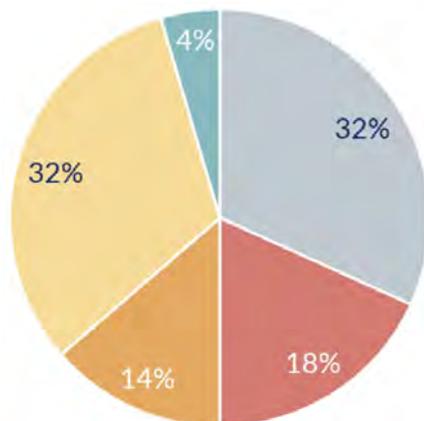
This new course ran for the first time in Jan 2019, with an engaging and thought-provoking programme of talks, tours of facilities and group discussions feedback from participants was uniformly excellent.



Copyright © Department of Psychiatry

The participants came from a wide range of backgrounds; including clinical and non-clinical academics, nurses and allied health professionals.

Clinical staff  
Clinical trainees  
Pharmacist  
Basic scientist  
AHPs



“ It is usually difficult to find all of this information as it is so dispersed, but having an overview of it during the course really helps to bring it together in context. It has helped me to challenge aspects of how I do my own experimental research.

.. an intellectually stimulating course filled with inspirational content and pragmatic advice.

OxCEMM 2019 participants

“ The participants were engaged and enthusiastic, and said they really benefited from the course. Even those who were already running experimental medicine studies said how much they had learnt and how useful it was to have all the practical information they need in a single place.

*I am extremely grateful to my colleagues for their support in making OxCEMM 2019 such a huge success, and look forward to building on our experiences to develop future courses and networks.*

**Associate Professor Elizabeth Tunbridge**  
**NIHR Oxford Health BRC Training Lead**

For more information or to request an alert when applications open for OxCEMM Jan 2020, please email [oxcemm@psych.ox.ac.uk](mailto:oxcemm@psych.ox.ac.uk)

## Course tutors

The **wealth of experience and expertise** amongst the OxCEMM course tutors underpins the excellence in teaching and relevance of content and advice.

The inclusive and collaborative learning environment is fundamental in enabling participants to engage and interact with one another and fully benefit from direct access to the expertise and knowledge of senior academics throughout the course.

“ *Useful to have access to experts – who were all very approachable and friendly*

*Opportunity to talk informally about research with staff, network with peers and tutors*

OxCEMM 2019 participants



**John Geddes**  
Professor and Head of Psychiatry;  
Director, NIHR Oxford Health BRC, CRF and CTU



**Paul Harrison**  
Professor of Psychiatry;  
Honorary Consultant Psychiatrist,  
Adult Mental Health, NIHR Oxford Health BRC



**David Clark**  
Professor;  
Chair of Experimental Psychology



**Catherine Harmer**  
Professor of Cognitive Neuroscience  
Experimental Medicine, NIHR Oxford Health BRC



**Elizabeth Tunbridge**  
Associate Professor;  
Training, NIHR Oxford Health BRC



**Liliana Capitao**  
Project Manager / Research Coordinator,  
NIHR Oxford Health BRC



**Susannah Murphy**  
Senior Research Fellow



**Michael Browning**  
Associate Professor;  
Honorary Consultant Psychiatrist

## Course tutors



**Clare Mackay**  
Professor of Imaging Neuroscience;  
Older Adults & Dementia, NIHR Oxford Health BRC



**Catherine Henshall**  
Senior Nursing Research Fellow;  
Manager, NIHR Oxford cognitive Health CRF



**Andrea Cipriani**  
Associate Professor; Senior Clinical Researcher;  
Hon. Consultant Psychiatrist  
Informatics, NIHR Oxford Health BRC



**Claire Murray**  
PPI Manager, NIHR Oxford Health  
BRC / CRF



**Sophie Hyndman**  
Deputy Director / Senior Research Adviser,  
NIHR Research Design Service



**Kate Saunders**  
Associate Professor;  
Director Medical Studies;  
Honorary Consultant Psychiatrist



**Orla Macdonald**  
Lead Research Pharmacist

Over 2,500 papers  
published collectively

NIHR Oxford Health Biomedical Research Centre

Wellcome Centre for Integrative Neuroimaging

**Training Lead:** Elizabeth Tunbridge  
**Training Coordinator:** Tamara Lewin

[www.win.ox.ac.uk](http://www.win.ox.ac.uk)  
[@OxfordWIN](https://twitter.com/OxfordWIN)

Department of Psychiatry, Warneford Hospital,  
Warneford Lane, Oxford, OX3 7JX.

[oxcemm@psych.ox.ac.uk](mailto:oxcemm@psych.ox.ac.uk)  
<http://oxfordhealthbrc.nihr.ac.uk/>  
[@OxHealthBRC](https://twitter.com/OxHealthBRC)

Find us

