Oxford Short Course in Experimental Medicine for Mental Health

5th – 7th Jan 2020
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  
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**

<table>
<thead>
<tr>
<th>1.1 Introduction to study design &amp; applying statistics</th>
<th>Susannah Murphy</th>
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<tbody>
<tr>
<td>1.2 Governance &amp; legal framework</td>
<td>Paul Harrison</td>
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<tr>
<td>1.3 Psychopharmacology</td>
<td>Catherine Harmer</td>
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<td>1.4 Ethical approval process</td>
<td>Liliana Capitao</td>
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### 2.0 STUDY APPROACH

**Manipulate one variable, control and measure change in other variables**

<table>
<thead>
<tr>
<th>2.1 Genetics &amp; molecular studies</th>
<th>Elizabeth Tunbridge</th>
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<tbody>
<tr>
<td>2.2 Industry perspective</td>
<td>Mike Browning</td>
</tr>
<tr>
<td>2.3 Development of psychological therapies</td>
<td>David Clark</td>
</tr>
<tr>
<td>2.4 Remote monitoring &amp; wearable devices</td>
<td>Kate Saunders</td>
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<tr>
<td>2.5 Neuroimaging</td>
<td>Clare MacKay</td>
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**CASE STUDY** Design, approach & use of statistics

Elizabeth Tunbridge / Paul Harrison / Liliana Capitao
**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

<table>
<thead>
<tr>
<th>Identify enabling resources to successfully fund, refine and deliver a successful study</th>
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<tbody>
<tr>
<td><strong>3.1 Grant applications</strong></td>
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<tr>
<td><strong>3.2 Pharmacy: handling, storing &amp; administering drugs</strong></td>
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<td><strong>3.3 Pharmacy workshop: what is a 'CTIMP'?</strong></td>
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<tr>
<td><strong>3.4 How can PPI benefit your research?</strong></td>
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<td><strong>3.5 Group tours of facilities and labs</strong></td>
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### 4.0 DEVELOPING RESEARCH PLANS

<table>
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<tr>
<th>New perspectives through discussions with experts and insights into current research</th>
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<tr>
<td><strong>4.1 Current research: approach &amp; findings</strong></td>
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<td><strong>4.2 Open science &amp; reproducibility</strong></td>
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<td><strong>4.3 Communicating your findings to the media</strong></td>
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<tr>
<td><strong>4.4 Optional: 1-2-1 with senior researcher to discuss your project</strong></td>
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<td><strong>4.5 Panel Q&amp;A: experimental medicine skill set</strong></td>
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**CASE STUDY**

<table>
<thead>
<tr>
<th>Strengths &amp; weaknesses of proposed studies</th>
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<tr>
<td>Elizabeth Tunbridge / Paul Harrison / Catherine Harmer</td>
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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. OxC Emm 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


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).

Experimental Medicine Network platform to share training and development opportunities, knowledge, ideas and to foster mutually beneficial collaborations.

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

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For more information about the Experimental Medicine Network or to join, email emn@psych.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!

OxC Emm 2019 participants
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.

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

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

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

For more information or to request an alert when applications open for OxCEMM Jan 2020, please email 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

Claire 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

Training Lead: Elizabeth Tunbridge  
Training Coordinator: Tamara Lewin

Wellcome Centre for Integrative Neuroimaging

www.win.ox.ac.uk  
@OxfordWIN

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