

# NIHR Mental Health Translational Research Collaboration: Review of 2025

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Welcome to the Mental Health Translational Research Collaboration's (MH-TRC) highlights from the year 2025. The MH-TRC, which leads the MH-TRC Mission, brings together investigators in experimental medicine and early-stage translational mental health research from across the UK, and it is actively informed by lived experience of mental ill-health.

Learn more: [MH-TRC webpage](#)

The MH-TRC would like to thank all collaborators who made 2025 a truly memorable one for advancing mental health research.

## Patient and Public Involvement, Engagement and Participation (PPIEP)



Dr Lesley Booth  
MH-TRC Mission PPIEP Lead

"In 2025, lived experience and research inclusiveness continue to be integral to the MH-TRC Mission's approach to Patient and Public Involvement, Engagement and Participation.

"Embedded within all the national workstreams and across the two geographical sites, lived experience insights ensure studies reflect real-world experiences and diverse views. Including people with first-hand experience of mental health challenges leads to more relevant, compassionate, and effective interventions.

"Within the MH-TRC Mission, inclusive research strengthens trust, enhances cultural understanding, and ensures that outcomes genuinely meet the needs of the communities affected."

Learn more: [PPIEP in the  
MH-TRC Mission](#)

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# PPIEP highlights in 2025

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## Why research matters for Early Psychosis



PPIEP contributors in the Early Psychosis Workstream produced a video about living with early psychosis and the importance of participating in mental health research.

**Watch here: [MQ Mental Health Research](#)**

## Participants produce videos about research



Young people who have been adopted came together with researchers at the University of Manchester to co-produce two videos about their experiences of taking part in research.

**Read more and watch the videos: [MH-TRC News](#)**

## Naming the new Mood Disorder Research Clinic



The MH-TRC Mood Disorders clinic in Exeter involved patients and the public in the naming of the new "RISE Mood Disorder Research Clinic", that will focus on supporting people with long-standing or treatment-resistant depression.

**Read more: [MH-TRC Mission PPIEP](#)**

# Our new research studies

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## New study for people with first episode psychosis



The Early Intervention Mission is a UK-wide study which aims to improve early identification, monitoring, and personalised care for people with a first episode of psychosis. This cohort study is a collaboration between multiple universities and NHS Trusts, and recruited over 300 participants in 2025.

Read more: [MH-TRC News](#)

## A new BioResource for mental health



The NIHR Severe Mental Illness Longitudinal Evaluation (SMILE) BioResource opened to recruitment in November. Eligible patients across England and Wales are invited to provide a biosample and data for use in future mental health research, and provide consent for re-contact.

Learn more: [Mental Health BioResource](#)

## New clinical tool to improve outcomes for people with psychosis



Early Psychosis Informatics into Care (EPICare) equips clinicians with tools to enhance decision-making and improve patient outcomes. Earlier in the year, EPICare was successfully launched in Birmingham Women's and Children's NHS Foundation Trust and Nottinghamshire Healthcare NHS Foundation Trust with further rollout scheduled for 2026.

Learn more: [EPICare: England's national psychosis platform](#)

## Mood Disorders Cohort established

The Mood Disorders Cohort has been set up to advance clinical research in treatment-resistant depression. It is supported by 15 clinical academic sites across the UK and managed by the MH-TRC Mission Mood Disorders workstream and funded by NIHR and Office for Life Sciences to develop research capabilities in the UK.

Learn more: [Mood Disorders Workstream](#)

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# Impact stories from 2025

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## Streamlining study set-up and contracting

The introduction of a multi-site single sign-off process for Confidentiality Disclosure Agreements (CDAs) allows many NHS sites to respond quickly to study feasibility requests. Until now, study leads and companies had to negotiate separate CDAs with each study site individually. The single CDA has significantly reduced time required for the contracting process and has enabled more effective information sharing.

Read more: [MH-TRC News](#)

## The CADRE Project: Transformation in children's healthcare

[The Child and Adolescents Data Resource \(CADRE\)](#) aims to integrate data from sources including healthcare, education and social care into a single resource. This makes it easier for researchers to access relevant anonymised information about children and young people, and enables healthcare practitioners to provide better care.

Read more: [MH-TRC News](#)

## Parkinson's drug found effective at treating depression

A drug used for Parkinson's disease has been shown to be effective in reducing the symptoms of difficult to treat depression. In the largest clinical trial to date, pramipexole was found to be substantially more effective than a placebo at reducing symptoms of depression over the course of nearly a year, when added to ongoing antidepressant medication.

Read more: [MH-TRC News](#)

## Research placement provides hands-on experience in real-world mental health research

Sixth form students took part in a research placement at the University of Manchester, exploring how young people use digital technology to support mental health. The placement gave them hands on experience, informed national research and contributed to their British Science Association Gold CREST Award applications.

Read more: [MH-TRC Mission PPIEP](#)

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# Our events in 2025

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## UK-French Mental Health Biomarkers Consortium

The inaugural meeting of the UK-French Mental Health Biomarkers Consortium took place in February. Consortium members collaborate to identify how biological markers can help sort patients into different groups for testing new treatments. Since the first event, there has been a signing of the Franco-British consortium agreement at the French Embassy and the launch of the Precision Mind Award by Wakam and Fondation FondaMental.

[Read more: MH-TRC News](#)

## MH-TRC Showcase

In June, the MH-TRC celebrated the impact of its work in advancing mental health research across the UK. The event brought together MH-TRC colleagues, government representatives and PPIEP contributors.

Presentations highlighted achievements and demonstrated how collaborative research can drive meaningful improvements in mental health care. PPIEP contributors shared powerful reflections on the importance of lived experience and co-production in mental health research. The event also provided an opportunity to discuss priorities for the next phase of the MH-TRC.

[Read more: MH-TRC News](#)

