

Institution: University of East Anglia

Unit of Assessment: 4 Psychology, Psychiatry and Neuroscience

a. Context

Psychologists have been contributing across a range of disciplines at UEA (prior to formation of the new School of Psychology in 2012), with an approach to research that has placed impact at its heart. Impact has been realised around three groups of psychologists: 1) the Clinical Psychology Group (Faculty of Medicine and Health Sciences), 2) the Centre for Research on Children and Families (CRCF, Faculty of Social Sciences), and 3) Applied Psychology (groupings in the Faculty of Social Sciences and Faculty of Science).

The main non-academic users of the research findings are:

- *Government health services and public health agencies in the UK and abroad*, including the National Health Service (NHS), Department of Health, and the National Institute for Health and Care Excellence (NICE).
- *Health professionals* who use clinical research evidence to improve clinical practice.
- *Patients and the public* who use public health, service evaluation and clinical research evidence to inform their health behaviour, choose services and influence policy.
- *Government agencies and charities* in the areas of family policy, climate change policy, and energy policy including the Department for Business, Innovation and Skills (BIS).

The main types of impact of the research are:

- Changing professional practice to comply with the best evidence available, with associated economic benefit (service change) and better patient outcomes.
- Changing the content of clinical practice guidelines and family policy guidelines to comply with the best available evidence.
- Changing government and health service policies (e.g. family policy, energy policy).

b. Approach to impact

Psychologists at UEA have been working within multidisciplinary and interdisciplinary teams dealing directly with research questions applied to solving practical health, environmental, or child and family problems. An underpinning principle is that maximum impact is possible only if the research is both persuasively rigorous and genuinely meets the needs of all the stakeholders who will use it. To achieve this, psychology at UEA adopts a personalised and multi-level approach to impact, including: supporting staff to develop early dialogue and engagement with non-academic users from the inception of the research; involvement of stakeholders directly in research design and dissemination; ensuring research activity links to national and international policy priority areas; facilitating informal and formal strategic relationships with key policy makers and intermediaries.

Researchers in the Clinical Psychology Group enjoy direct and iterative feedback with non-academic users. For example, the *Patient and Public Involvement in Research (PPIRES)* programme was set up by UEA in partnership with the NHS Norfolk and Waveney Primary Care Trust to enable and encourage volunteer members of the public to actively participate with researchers in the local Trusts in delivering successful research studies. Rather than mere participation in research studies, this initiative involves the public in all stages of the research process, from inception, through delivery, to dissemination. All of the clinical researchers have joint appointments or honorary employment contracts with NHS mental health trusts, thus facilitating direct links between research findings and practice. Staff in the Clinical Psychology Group have also been represented on NICE panels (Fowler), completing the circle - from patients to policy makers.

The CRCF (founded in 1996) is an interdisciplinary research centre working on research concerning vulnerable children, parenting and family change. Psychologists within this group provide research-based expert evidence to governments, NGOs, and the public and private sectors to inform policy and practice decisions on the welfare of families and children. A member of the Childwatch International Research Network, the CRCF collaborates on improving children's wellbeing and rights around the world. The main non-academic user groups and beneficiaries linked to the CRCF include the Departments for Education and Health, the NSPCC, and the UN Department of Economic and

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Social Affairs. All stakeholder groups are provided with CRCF policy briefings and an Annual Report is circulated to non-academic research users. CRCF's contribution to UEA's 50th anniversary (2013) was celebrated at a reception in the House of Lords hosted by Lady Butler-Sloss and Lady Hollis, whose speeches highlighted how the CRCF is a model of how impact can be achieved through rigorous research. The event was attended by the Children's Commissioner, Chief Executives of child welfare organisations and members of both Houses.

Prior to the birth of the new School of Psychology in 2012, applied psychologists have been embedded in Schools and Faculties across UEA, including the School of Environmental Sciences and Tyndall Centre (Faculty of Science), the BBSRC-funded Institute of Food Research, and the (former) School of Social Work and Psychosocial Sciences. Consequently the interests and impacts of these staff vary widely, from advice on the public perception of energy and climate change, to work evaluating addiction-related services for vulnerable children in the region and nationally.

During the REF period the following areas of impact are of particular note:

- **Impact through national policy guidelines.** The Clinical Psychology Group had impact upon national and international policy with respect to the treatment of a range of mental health conditions. For example, Fowler's research is cited extensively in the NICE guidelines for psychoses, and Gega contributed to FearFighter™ - the recommended platform for online therapy for anxiety and phobias in the NICE guidelines for common mental health disorders. Applied psychologists working in the School of Environmental Sciences at UEA have influenced policy on energy and climate change. For example, the research produced by this group formed part of the evidence base for the Select Committee report on public attitudes to nuclear power (The Devil's Bargain; HTC28, 2012).
- **Direct impact through direct engagement with end users.** Gega at UEA has trained health professionals in computerised Cognitive Behavioural Therapy, and provision includes the only online training course for cCBT offered by the Royal College of Psychiatrists. Scaife's work with charities (local authorities and local children's charities, e.g. Matthew Project; Young People's Joint Commissioning Group of the Norfolk Drug and Alcohol Partnership) has affected how regional organisations work with young people around substance use issues. Research in the CRCF directly influences how local authority social services departments interact with children and their families.
- **Impact through influencing policy.** Research in the CRCF has influenced national and international policy measures on children and families. For example, O'Brien's (O'Brien & Shemilt, 2003; O'Brien, 2009) body of evidence on fathers' use of leave and flexible work has informed the restructuring of the UK leave system (2011) and UN recommendations to governments to develop "father-inclusive family policies."

c. Strategy and plans

The strategy and plans for maximising the impact of our research findings build on the strengths of the interdisciplinary and applied approach to psychology research at UEA, while also recognising the arrival of many new staff (including many ECRs) to the new School of Psychology. These include:

- **Making explicit to all researchers the high value placed upon research impact activities.** Time is now allocated for impact activities in the workload matrix for research-active staff and impact activities now feature alongside teaching and research in promotion criteria for academic staff. Schools work explicitly with academic staff to convey the importance of impact through the appraisal process, and the provision of an annual impact workshop for all researchers. The potential to deliver impact also features in the criteria for academic appointments.
- **Monitoring of research impact activity.** The University now incorporates the monitoring and evaluation of research impact into the routine annual research monitoring cycle, where all staff record their activity for the previous 12 months and outline planned activity for the following 12 months. More locally, all impact and enterprise and engagement activities are logged in each academic school, and there is close liaison with the University Press Office to ensure any research findings are communicated to stakeholders and the public effectively.
- **Structures to support impact activity.** Within the new School of Psychology an impact strategy has been developed and is in the early stages of implementation, building on the extensive experience of user engagement in the Clinical Psychology Group and the CRCF. An Impact and

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Employability Steering Group, comprising external stakeholders from the private and public sectors, advises on pathways to impact for each research group, and is charged with twinning staff with 'impact buddies' from outside the University (where relevant) as well as advising on Knowledge Transfer Partnerships. This process is also facilitated by an Impact Champion (O'Brien; Collier from October, 2013), who oversee the construction of impact plans for each new member of staff, running in parallel with the UEA research planning process. Funding is available for impact activities: each Faculty has an annual budget of £30K to pump prime small-scale enterprise activities (overseen by the Associate Dean for Enterprise & Engagement within each Faculty). Further internal funding has been made available for a proof of concept fund (£450K per annum) distributed at the discretion of the Enterprise Executive. Moreover, UEA is building an Enterprise Centre as a hub for these activities, including incubation space for impact development and commercialisation planning; this new flagship building is under construction and will be completed by the summer of 2015.

- **The provision of expert advice and training.** The Impact Champion and the Director of Research work closely with the Research and Enterprise Services within UEA, which handle all aspects of intellectual property protection, commercialisation and licensing. Training is available in-house for researchers to help maximise impact in line with the national Researcher Development Framework domain D3 "Engagement and Impact." Business Development Managers set within Faculties work with staff to link directly to stakeholders, and to explore commercialisation opportunities, including the potential for spin-out companies where relevant.

The (new) research groupings in the School of Psychology have been charged with identifying research activities with maximal potential impact, and these feed directly into prioritization for research funding within the School.

- The **Clinical Psychology Group** will further strengthen relationships with local NHS users, and will continue to work closely with local NHS mental health trusts, to further develop a clinical research context and base for clinical trials and service evaluations. This is facilitated by a joint clinical and research strategy supported at board level in the Norfolk and Suffolk Mental Health Foundation Trust with links to a range of statutory and non-statutory agencies.
- The **Cognition and Perception Group** will focus on the development of novel screening tools and interventions for neurodevelopmental disorders, dementia, and stroke patients, with direct and immediate engagement with relevant stakeholders working within the PPIRES programme. A new Marie Curie ITN grant awarded to Coventry is examining the mapping between language and perception across the lifespan in typical and atypical populations, with implications for the early identification of dementia. Rossit's work with stroke patients links directly to rehabilitation; a new Acquired Brain Injury Rehabilitation Alliance (UEA and the University of Cambridge) has as its core mission the translation of basic research findings to patient benefit.
- The **Social and Developmental Group** is building on the impact that psychologists at UEA have already had on climate change and energy use, with a new cross-Faculty Understanding and Communicating Climate Change group. The impact of psychologists on child and family policy research will also be developed and extended through increased input of developmental psychologists (new appointments) to the CRCF.

d. Relationship to case studies

The approach to impact involves i) changing guidelines, ii) the development of new services or interventions, and iii) changing policy. These impacts are not always separate, and are often deeply interconnected. The two case studies presented are representative of this interconnectedness, while also exemplifying differential balances of impact activities. The first case study, *Psychological interventions for the management and prevention of psychosis*, draws a thread from the documentation of therapy best practice, through randomised control trials, to (directly) underpinning the NICE guidelines for psychosis, to underpinning guidelines for psychosis internationally.

Technology-mediated interventions for common mental health problems and training of health professionals, shows how research on computerised Cognitive Behavioural Therapy, and the conditions under which it is most efficacious, link directly to new services that save clinician time and money, associated online training for clinicians, while also (indirectly) impacting upon the adoption of cCBT in NICE guidelines for a range of common mental health disorders.