



Warwick Pain and Insomnia Study

Newsletter - Issue 1—17/11/2015

This is a special, pre-recruitment edition for participating GP surgeries and aims to give a brief introduction to the study and our progress so far.

The Warwick Pain and Insomnia study is a feasibility study which aims to trial a new psychological treatment, targeted at patients suffering from chronic pain and insomnia, seeking treatment in primary care.

Recruitment & inclusion criteria

We will be recruiting patients from participating GP practices using the following methods:

- Invitation packs sent out to patients identified as being eligible through electronic database searches.
- Recruitment posters with contact details in GP waiting rooms.
- GPs to give out invitation packs to eligible patients.

Patients will be identified using the following inclusion criteria:

- English -speaking.
- Aged between 18-65.
- Pain of at least a moderate severity, for at least 6 months.
- Currently experiencing problems with this pain even if being treated.
- Suffering from clinical insomnia.
- Currently experiencing problems with sleep even if being treated with sleep medications.

Our team

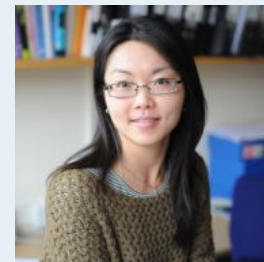
We have a diverse, multi-disciplinary team working alongside us:

- Professor Martin Underwood, experienced GP and director of the Clinical Trials Unit.
- Dr Harbinder Sandhu & Dr Shilpa Patel, registered Health Psychologists.
- Dr David Ellard, expert on mixed-methods research.
- Dr Jason Madan, Health Economist.
- Dr Helen Parsons, Medical Research Statistician.
- Mr. Ben Parker, Health Economics Research Fellow.
- Mr David Mills & Ms Uma Sharma PPI representatives.

Study news so far:

- We have recruited 6 health psychologists to act as trial therapists and deliver the intervention.
- Our health psychologists have successfully completed a 3-day, intensive training course, and are now ready to start piloting the intervention.
- As things stand, we are hoping to start recruitment early in January 2015!

Principal Investigator:



Dr Nicole Tang , Associate professor at Warwick University and HCPC registered Clinical and Health Psychologist.

Research Associate:



Corran Moore, Research Associate



Jenny Lee,
Research Facilitator
NIHR Clinical Research
Network: West Midlands

Research Partners

We are excited and grateful to announce the names of the three GP surgeries who will be working with the Warwick Pain and Insomnia study, and helping with patient recruitment. These Surgeries are:

- ◆ Alcester Health Centre
- ◆ Henley Green Medical Centre
- ◆ Chancery Lane Surgery

We would also like to thank the CRN West Midlands for making this possible; Specifically Jenny Lee who has been helping us to liaise with GP Practices for this project (Pictured on the left).

Study Funder

The Warwick Pain and Insomnia study is being funded by the National Institute for Health Research-Research for Patient Benefit Programme.



This is a collaborative study supported by the Warwick Medical School's Clinical Trials Unit, directed by Professor Martin Underwood (pictured below).



Therapist training

The study intervention will be delivered by 6, specially trained health psychologists:

- Adam Boughey
- Noreen Mangera
- Atiya Kamal
- Jacqueline Bailey
- Tilean Clarke
- Sarah-Jane Besser

For Individual photos and therapist biographies please see our study website. See below for a group picture of our trial therapists.



Contact Us....

For more details, please visit the study website at: <http://www2.warwick.ac.uk/fac/sci/psych/research/lifespan/sleeplab/projects/warwickpainandinsomnia> (QR code in bottom right of box).

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