



# Warwick Pain and Insomnia Study

Newsletter - Issue 3—30/05/2017

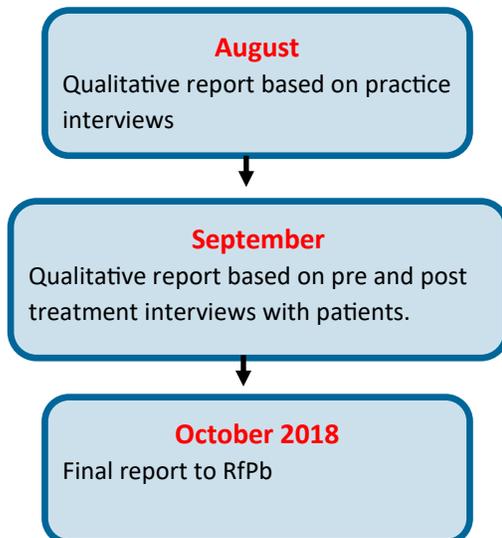
## Recruitment

Study recruitment has now closed with a total of 26 patients successfully enrolled into the study overall. Patient follow-ups, taking place at the patients surgery, will continue until late August. We would like to take this opportunity to thank you for your continued cooperation with the final stage of data collection.

With recruitment closed we are at a stage where we will start getting ready to analyse, write up and disseminate findings. The main output we anticipate from this feasibility is as follows:

- A survey study discussing the training of clinical psychology students to inform graduate employment and training. (already complete)
- A qualitative paper based on the group interviews with practice staff, focusing on facilitators, barriers and current pathways for treating patients with chronic pain and insomnia. The first stage of analysis is now complete and participants will shortly be sent the themes extracted for comment.
- Second qualitative paper based on pre and post treatment interviews with patients taking part in the study.
- Final report assessing the feasibility of implementing the hybrid-CBT treatment from the study in primary care.

The expected time-line for this output is displayed below:



## Study pause for Maternity leave:

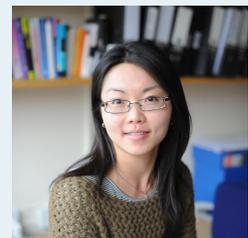
- The study has now been paused for a year while our chief investigator is on maternity leave. The new end date for the study is the 11th October 2018.

## End of contract for Study Research Associate:



Research Associate: Corran Moore

- My contract working for the study has now come to an end.
- I have enjoyed my time working with you all over the last couple of years and would like to thank everyone for their help during this time.
- As of September I will be starting my training to become a clinical psychologist.
- Effective 12th July, please contact the studies chief investigator directly with any enquiries. (contact details below).



Chief investigator: Dr Nicole Tang  
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Phone: [02476 150 558](tel:02476150558)



## Plenary Lecture

The Warwick Pain and Insomnia study's Principal investigator, Dr Nicole Tang, recently gave a plenary lecture at the British Pain Societies 50th anniversary Annual Scientific meeting. The speech highlighted the reciprocal relationship between pain and sleep and how its feasible to address sleep problems despite ongoing chronic pain. It then highlighted how a Hybrid treatment may be an effective way to tackle pain and sleep comorbidities, as tested in the current project.



### Study Funder

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



### Clinical Trials Unit

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



### Other relevant research:

Other relevant research output, which may be of interest, has been undertaken by various members of the Warwick Pain and Sleep Laboratory:

- Dr Nicole tang recently published an article in 'Progress in Neuro-Psychopharmacology & Biological Psychiatry' entitled: "cognitive behavioural therapy in pain and psychological disorders: Towards a hybrid future". This article details how hybrid therapies may be effective treatments for many comorbid disorders (specifically focused on chronic pain and insomnia) and is available for request.
- Phd student Fatanah Ramlee recently completed a project entitled 'Sleep and Daytime Physical Activity in People with Chronic Pain' whilst one of the labs other Phd students, Esther Afolalu recently completed a project entitled 'Effects of sleep changes on pain-related health outcomes in the general population: A systematic review of longitudinal studies with exploratory meta-analysis.' Both projects were presented at the British Pain Society 50th Anniversary Scientific Meeting, May 2017 . Summaries and posters of both of these projects are available on the university of Warwick website on the Sleep and Pain laboratory page.

### 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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