**Primary Care Mental Health Conference 2018**  
‘To treat, or not to treat’  
April 11th, LT2, Southampton General Hospital

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>09:00 – 10:00</td>
<td>Arrivals, coffee, putting up posters</td>
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<tr>
<td>10:00 – 10:05</td>
<td>Welcome</td>
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| **10:05 – 10:45** | **Keynote: Professor Carolyn Chew-Graham**  
‘To treat or not to treat?’ - Co-morbid anxiety and depression in physical conditions.  
Keele University |
| **10:45 – 12:00** | **Session 1**                                                          |
| 10:45 – 11:00 | 1.1. Reviewing long term anti-Depressant Use by Careful monitoring in Everyday practice (REDUCE) programme.  
Tony Kendrick*, Emma Maund, Rachel Ryves, Sam Williams, Hannah Bowers, Adam Geraghty, Gerry Leydon, Carl May, Sarah Dawson, Beth Stuart, Mike Moore, Chris Dowrick, Glyn Lewis, Simon Gilbody, Joanna Moncrieff, Gareth Griffiths, Lily Yao, Paul Little.  
University of Southampton |
Isabela Troya*, Kay Polidano, Opeyemi Babatunde, Bernadette Bartlam, Carolyn Chew-Graham.  
Keele University |
| 11:15 – 11:30 | 1.3. Health and Wellbeing survey: exploring the lifestyle choices of people with severe mental illness.  
Emily Peckham*, Suzanne Crosland, Paul Heron, Simon Gilbody.  
University of York |
Lisa Boyd*, Emma Baker, Joe Reilly.  
Tees, Esk and Wear Valley Mental Health Trust |
| **12:00 – 13:30** | **Extended lunch and poster session**                                  |
| **13:30 – 14:15** | **Keynote: Professor Irwin Nazareth**  
Mental health and pregnancy - to treat or not to treat  
University College London |
| **14:15 – 15:15** | **Session 2**                                                          |
| 14:15 – 14:30 | 2.1. Enhancing telephone psychological therapy in IAPT: the EQUITY programme grant.  
| 14:30 – 14:45 | 2.2. The acceptability of a psychosocial intervention delivered by AgeUK Support Workers to older adults with anxiety and depression: a qualitative analysis.  
Keele University |
| **14:45 – 15:00** | **2.3. Getting Past the Gatekeeper: Using The Trials Within Cohorts (TWiCS) Design to Give Severe Mental Ill Health Patients Health Research Autonomy.**  
Paul Heron*, Emily Peckham, Suzanne Crosland, Simon Gilbody.  
University of York |
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| 15:00 – 15:15 | 2.4. Sub-threshold depression in people with long-term conditions - is the pharmacy a setting to offer an intervention? A qualitative study.  
*Charlotte Kitchen, Liz Littlewood, David Ekers, Carolyn-Chew-Graham. Keele University* |
| 15:15 – 16:00 | Closing remarks and close – Coffee, networking.                           |

### Posters

<table>
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<th>Title</th>
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| **P1**  
Is Active Monitoring for depression acceptable? Preliminary findings from a qualitative evaluation of the Oldham IAPT Plus Service.  
_Amy Blakemore*, Christine Molloy, Jason Bromley, Karina Lovell._  
_University of Manchester_ |                                                                           |
| **P2**  
User testing methods to improve readability and understanding of participant information sheet for ethnic minorities in research.  
_Yumna Masood*, Peter Bower, Waquas Waheed._  
_Univeristy of Manchester_ |                                                                           |
| **P3**  
_Alice Moult*, Heather Burroughs, Tom Kingstone, Carolyn Chew-Graham._  
_Keele University_ |                                                                           |
| **P4**  
Exploring General Practitioners’ perceptions of boundaries between depressive disorder and emotional distress.  
_Adam Geraghty*, Charlie Beavis, Miriam Santer, Samantha Williams, Tony Kendrick, Berend Terluin, Paul little, Michael Moore._  
_University of Southampton_ |                                                                           |
| **P5**  
Using psychological interventions to improve quality of life in asthma patients with anxiety.  
_Ben Ainsworth*, Mike Thomas._  
_University of Southampton_ |                                                                           |
| **P6**  
The Impact of Psychological and Health Factors on Quality of Life in Adults with Asthma: a Systematic Review and Narrative Synthesis.  
_Sabina Stanescu*, Sarah Kirby, Ben Ainsworth._  
_University of Southampton_ |                                                                           |
| **P7**  
Exploring patient beliefs, attitudes, and behavioural intentions towards long-term depression management in primary care.  
_Rachel Ryves*, Ingrid Muller, Felicity Bishop, Adam Geraghty, Tony Kendrick._  
_University of Southampton_ |                                                                           |
| **P8**  
_Nasim Chaudhry, Carolyn A. Chew-Graham*, Tayebba Kiran, Sehrish Tofique, Sana Farooque, Anna K Taylor, Nusrat Husain, Penny Bee._  
_Keele University_ |                                                                           |
| **P9**  
The content and delivery of training for non-traditional providers task-shifting psychological interventions for common mental disorders: Preliminary findings of a systematic review.  
_Ujala Shahmalak*, Amy Blakemore, Waquas Waheed._  
_University of Manchester_ |                                                                           |