Professor Fiona Lobban
Professor of Clinical Psychology, Lancaster University and Consultant
Clinical Psychologist, Lancashire Care Foundation NHS Trust

RDS NW Client video transcript

My name is Fiona Lobban and I'm a Professor of Clinical Psychology in the Spectrum Centre at Lancaster University and I'm also a Consultant Clinical Psychologist with Lancaster Care Foundation NHS Trust.

We got funding through the NIHR Health Technology Assessment Stream and it's to look at the clinical and cost effectiveness of an online intervention for relatives of people with mental health problems.

This research is important because relatives often find it very difficult to access the support that they need to manage the kind of difficulties that they face and so we've developed an online intervention to try and help make this kind of support more accessible but we need to know whether it actually works and whether it does provide a cost effective way of helping relatives with the NHS.

So we had some great support from the RDS in order to get this funding. There are two particular ways that I would highlight RDS support was valuable.

So the first was in funding for some PPI focus groups that we ran; so these were focus groups involving relatives who helped us to think about how to design the study and how to develop the intervention and what the key outcomes really should be for the trial; so that was very important.

We also had some very helpful support from a specialist statistical support through RDS which was somebody linked to a clinical trials unit who also had experience of the HTA panel; so could really help us think about what kind of design was likely to be funded by that panel and what kind of things often didn't go down so well so that we could make sure that we designed the study most effectively.

I would whole heartedly recommend the RDS to other researchers and I think we wouldn't have got off without their support.