

## **Development of a brief intervention module in patients with alcohol misuse for use in a general hospital setting.**

Do you have experience of using general hospital services for alcohol related issues? We are looking for people with relevant experience to help us plan a research study. You don't need any experience in research!

### **Who are we?**

We are Dr. Jonathan Wood and Dr. Satnam Goyal, Consultant Psychiatrists at Cambridgeshire and Peterborough NHS Foundation Trust.



Jonathan Wood is a Consultant Addiction Psychiatrist working in Addenbrookes Hospital. The day-to-day focus of his work is managing alcohol and drug dependence problems which arise in a general hospital setting. This includes managing withdrawal, providing psychological interventions and medical treatments for addiction disorders as well as assessing and treating underlying mental health issues.



Satnam Goyal is a Consultant Psychiatrist with specialist accreditation in Addiction Psychiatry. He is currently working in a Community Mental Health Team. His work includes assessing and treating people with depression, anxiety and other mental health problems. He has a keen interest in interventions aimed at helping people with alcohol and drug problems.

### **What is the research about?**

The research is about developing a 3-session brief psychological intervention that can be delivered in a general hospital and help people work towards their goals in tackling their alcohol use. Although no multisession study has been done in a general hospital setting, such interventions have proved useful in previous studies when offered in the community, and we hope to extend those findings to the general hospital setting.

### **What will my role be?**

At this stage we are looking for people who have experience of using general hospital services to talk through our ideas and help us make sure that the research covers

issues that are important to people who may use this intervention. In the future and if the funding application is successful there may also be opportunities for you to become a long-term advisor to our project if you wish.

You do not need to have previous experience in research. What is most important is that you are happy to share your opinions based on your own lived experience.

### **What will be the expected time commitment?**

Initially we are looking for 2-3 hours input on one or two occasions – to discuss the project, read documents and provide feedback. This will happen via email, on-line virtual group discussion or individual virtual or phone conversations. We are hoping to have meetings in the first week of October.

### **Will I get paid?**

Payment for this work will be offered at £10 an hour for meeting time and review of documents in between meetings. Please check that receiving this payment will not affect any benefit conditions you may have. If you are unsure of this, please obtain specialist information and welfare rights advice before taking on this role.

### **Where do we go from here?**

If you feel this project may be of interest or have any questions, please contact Iliana Rokkou, User and Carer Research and Development Manager ([iliana.rokkou@cpft.nhs.uk](mailto:iliana.rokkou@cpft.nhs.uk)). Iliana will be happy to provide further information about the project and your role.