

SSA Griffith Edwards Academic Fellowship Final Report

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Summary

Over the course of this five-year, part-time fellowship I have achieved all the aims of my original proposal. I have published 20 relevant papers, been successful as a principal investigator in gaining funding for six grants (amounting to over £500,000), and as co-applicant on four further proposals (totalling over £1,000,000). I have presented widely at 19 conferences, established a UEA based Addictions Research Group, supported by a growing group of research collaborators across multiple institutions. Furthermore, I have successfully moved from my original Research Associate position to a Lectureship and now a Senior Lecturer post. I have combined this extensive research work with a significant teaching role, co-leading UEA's mental health module of its undergraduate MBBS medical course. Finally, the fellowship has given me time to develop my own leadership skills. I now manage two Research Associates and a study administrator, as well as providing supervision and mentorship to a Public Health trainee, Academic Foundation doctors, and two ClinPsyD Doctoral students.

Research undertaken

In my original fellowship proposal I aimed to develop a programme of work in the field of tobacco smoking relapse prevention, at 60% wte. Initially I undertook a qualitative process evaluation study alongside a large NIHR HTA funded trial of a smoking relapse prevention intervention (the SHARPISH trial). I led qualitative theory development work incorporating the concept of social identity more firmly into existing relapse prevention theory. Following this I led a qualitative systematic review of women's experience of postpartum smoking relapse. All these phases of my planned fellowship have been completed to time and target, widely disseminated at conferences internationally, and published in leading addictions journals.

In the final two years of my five-year programme I had aimed to undertake a feasibility study that was contingent on securing external research funding. Following two unsuccessful funding applications, I secured funding from the MRC in 2016 to undertake a thorough and systematic project of intervention development around postpartum relapse prevention. This work is ongoing, due to complete in September 2018.

During the time of my fellowship, the use of electronic cigarettes has emerged as a significant consumer led public health opportunity for harm reduction and relapse prevention. I have capitalised on this situation and the excellent collaborative contacts that I have formed during the period of my fellowship to lead a successful grant to CRUK exploring the use of e cigarettes for relapse prevention using qualitative methods. I secured follow on funding to undertake longitudinal follow up data collection following this project, which is now in progress. I also secured international seed funding from CRUK and the NCI to explore interrelated cancer preventative behaviours postpartum with a cross-disciplinary team

based across the UK and the USA. This funding, alongside my fellowship, has enabled me to establish excellent international collaborations.

A key achievement of my fellowship has been the formation of an Addictions Research group at UEA. This is a flourishing and active group, with members from across the Faculty of Health and including clinical and academic partners. We have an active social media presence, with a regularly updated website:

<https://www.uea.ac.uk/medicine/research/addiction>, twitter feed [@AddictionUEA](#) and a YouTube channel.

Funding applications

1. Cancer Research UK / National Cancer Institute USA. Project Hatch: Staying Healthy After Childbirth. International Innovation Grant. **PI. 08-2017-07-2018. £40,000.**
2. Medical Research Council Public Health Intervention Development Scheme (MRC PHIND). Preventing Return to Smoking Postpartum (PReS Study) – Development of a complex intervention to sustain smoking cessation in postpartum women. **PI 04-2017-09-2018. £146,189.**
3. NIHR Research for Patient Benefit. A feasibility study of an intervention for structured preparation before detoxification in alcohol dependence: the SPADe trial. **Co-I. 07-2016-2019. £234,900.**
4. Cancer Research UK. Real world experiences of using e-cigarettes for avoiding relapse to smoking: success or failure. A qualitative study. **PI 11-2016-07-2018. £35,050.**
5. Cancer Research UK. Child ‘vapers’: a study of parental and carer behaviours and views on the use of electronic vaporising devices by their 11-18 year old children. **Co-I 09-2015-03-2017. £45,305**
6. Norfolk Recovery Partnership. An evaluation of integrated treatment recovery services. **PI. 01-2015-09-2015. £21,204**

Collaborations

As a result of the generous ancillary budget provided within this fellowship I have been able to present my work and travel to meet with colleagues at other research centres. This has allowed me to develop extremely productive research collaborations with London South Bank University, the University of East London, Stirling University, Nottingham University, St Georges, University of London, Manchester University, and internationally with The University of Vermont, Rice University, Temple University and Columbia University. I have maintained and developed excellent collaborative links with local addictions services, maternity services, health visiting and children’s centres in Norfolk and beyond, and Smokefree Norfolk. Through collaborations I also have links with the Pregnancy Challenge Group, a multi-agency collaboration including the major baby charities and health bodies focused on reducing smoking in pregnancy rates.

Involvement with the SSA

Throughout my fellowship I have been actively involved in the work of the SSA. In 2017 I contributed to the SSA PhD Symposium as a session lead. I was invited as a discussant to the SSA sponsored session at the Lisbon Addictions conference. I have presented my work annually at the SSA Annual Symposium, both orally and through poster presentations. The

SSA fellows have established a fellows group. We are in regular contact and also meet face-to-face for mutual support, encouragement, and to establish collaborations. I attended an SSA board meeting as an observer and was able to feedback key points to the other fellows.

Mentoring

I am lead supervisor for two ClinPsyD students undertaking theses in the addictions field. I regularly supervise foundation year doctors on academic and public health placements, MSc students, and medical students taking research as a 'student selected study' option. I also supervise a Public Health Trainee and am lead supervisor on her NIHR PhD fellowship application.

Supervision

I am fortunate to be very well supported by Professor Holland as my named Fellowship mentor. Dr Gillian Tober is my assigned SSA link contact. This contact has been extremely supportive and encouraging.

Publications

Published papers

1. **Notley**, C & Collins, R Redefining smoking relapse as recovered social identity – a qualitative analysis of relapse narratives. *Journal of Substance Use*. *Accepted 05-2018*.
2. **Notley**, C, Ward, E, Dawkins, L & Holland, R Trajectories of E Cigarette Use – The unique contribution of e cigarettes for tobacco harm reduction in supporting smoking relapse prevention. *Harm Reduction Journal*, special issue on Tobacco Harm Reduction. *Accepted 05-2018*.
3. Gentry, S, Forouhi, N & **Notley**, C (2018) 'Are electronic cigarettes an effective aid to smoking cessation or reduction among vulnerable groups? A systematic review of quantitative and qualitative evidence' *Nicotine and Tobacco Research*. *Accepted 03-2018*.
4. Perkins, A, Ridler, J, Browse, D, Peryer, G, **Notley**, C & Hackmann, C. (04-2018) Experiencing mental health diagnosis: a systematic review of service user, clinician, and carer perspectives across clinical settings. *The Lancet Psychiatry*. [http://dx.doi.org/10.1016/S2215-0366\(18\)30095-6](http://dx.doi.org/10.1016/S2215-0366(18)30095-6)
5. Musa, S, **Notley**, C Kouimtsidis, C, Lynskey, M, & Bhattacharyya, S (2018) Psychotic-like experiences with cannabis use predict cannabis cessation and desire to quit- A cannabis discontinuation hypothesis. *Psychological Medicine*. 02-2018. 1-10 <https://doi.org/10.1017/S003329171800056>
6. Ward, E, Cox, S, Dawkins, L, Jakes, S & Holland, R & **Notley**, C, An ethnographic observational study of support given in vape shops to people using e-cigarettes to quit smoking. *International Journal of Environmental Research and Public Health*, 02-2018. 15, 297; doi:10.3390/ijerph15020297.
7. Gentry, S., Craig, J., Holland, R. & **Notley**, C. (2017) Smoking cessation for substance misusers: a systematic review of qualitative studies on participant and provider beliefs and perceptions. *Drug and Alcohol Dependence*. 178-192. DOI 10.1016/j.drugalcdep.2017.07.043.
8. **Notley**, C, Blyth, A, Maskrey, V,, Karavadra, B, Brown, T, Holland, R,, Bachmann, M, Brandon, T,, Song, F. Self help materials for smoking relapse prevention: A qualitative

- process evaluation of the SHARPISH randomised controlled trial. *J Public Health (Oxf)* 1-8. <https://doi.org/10.1093/pubmed/fdx013>. 24 February 2017
9. Song, F; Bachmann, M; Aveyard, P; Barton, G; Brown, T; Maskrey, V; Blyth, A; **Notley**, C; Holland, R; Sutton, S; Brandon, T Relapse to smoking and health-related quality of life: secondary analysis of data from a study of smoking relapse prevention" by Nicotine and Tobacco Research 11-2016 Song F, Maskrey V, Blyth A, Brown T, Barton G.R, Aveyard P, **Notley** C, Holland R, Bachmann M.O, Sutton S, Brandon T.H (2015) Differences in Longer-Term Smoking Abstinence After Treatment by Specialist or Nonspecialist Advisors: Secondary Analysis of Data From a Relapse Prevention Trial. *Nicotine and Tobacco Research* 07-2015. *Nicotine & Tobacco Research*, 05-2016, 1–6. doi:10.1093/ntr/ntv148
 10. **Notley**, C, Blyth, A, Craig, J, Edwards, A & Holland, R (2015) Postpartum Smoking Relapse – A Thematic Synthesis of Qualitative Studies. *Addiction* 110(11), p1712-1723
 11. Maskrey, V, Blyth, A, Brown, T.J, Barton, G.B, **Notley**, C, Aveyard, P, Holland R, Bachmann, M.O, Sutton, S, Leonardi-Bee, J, Brandon, T & Song F (2015) Self-help educational booklets for the prevention of smoking relapse following smoking cessation treatment: A randomized controlled trial. *Addiction* 09-2015 DOI: 10.1111/add.13080.
 12. Song F , Maskrey V, Blyth, A, Brown, T.J, Barton, G.B, **Notley**, C, Aveyard, P, Holland R, Bachmann, M.O, Sutton, S, Leonardi-Bee, J, Brandon, T & (2015) Effectiveness and economic evaluation of self-help educational materials for the prevention of smoking relapse: randomised controlled trial HTA Monograph. Volume 19 issue 59 July 2015. ISSN 1366-5278.
 13. Tombor, I, Shahab, L, Brown, J, **Notley**, C & West, R. Does non-smoker identity following quitting predict long-term abstinence? Evidence from a population survey in England. *Addict Behav.* 2015 Jun; 45: 99–103. doi: 10.1016/j.addbeh.2015.01.026
 14. Croxford, A, **Notley**, C, Maskrey, V, Holland, R, & Kouimtsidis, C, (2014) 'An exploratory qualitative study seeking participant views evaluating group Cognitive Behavioural Therapy group preparation for alcohol detoxification.' *Journal of Substance Use*. Early online 1-8.
 15. **Notley**, C, Blyth, A, Maskrey, V, Pinto, H & Holland R. Exploring the Concepts of Abstinence and Recovery through the Experiences of Long Term Opiate Substitution Clients. *Subst Abus.* 2014 Aug 15:0. [Epub ahead of print]
 16. **Notley**, C, Christopher, R, Hodgekins, J, Byrne, R, French, P & Fowler, D (2014) Participant views on Involvement in a trial of Social Recovery Cognitive Behaviour Therapy *British Journal of Psychiatry.* 205, 1-6, doi: 10.1192/bjp.114.146472
 17. Carroll, J, Goodair, C, Chaytor, A, **Notley**, C, Ghodse, H & Kopelman, P (2014) Substance misuse teaching in undergraduate medical education. *BMC Medical Education.* 2014, 14:34. DOI: 10.1186/1472-6920-14-34. URL: <http://www.biomedcentral.com/1472-6920/14/34>
 18. Holland, R, Maskrey, V, Swift, L, **Notley**, C, Nagar, J, Robinson, A, Gale, T, Kouimtsidis, C (2014) Treatment retention, drug use and social functioning outcomes in those receiving 3 months versus 1 month of supervised opioid maintenance treatment. Results from the Super C randomized controlled trial. *Addiction* 109(4):596-607. doi: 10.1111/add.12439. Epub 2014 Jan 19.

19. **Notley, C, Holland, R, Maskrey, V Nagar, J, Kouimtsidis , C (2013) Regaining control: The patient experience of supervised compared to unsupervised consumption in the treatment of opioid dependence Drug and Alcohol Review. Doi: 10.1111/dar12079.**
20. **Notley, C Blyth, A, Maskrey, V, Craig, J V & Holland R The Experience of Long-Term Opiate Maintenance Treatment and Reported Barriers to Recovery: A Qualitative Systematic Review Eur Addict Res 2013;19:287-298 (DOI: 10.1159/000346674) <http://www.karger.com/DOI/10.1159/000346674>**

Plans for the future; career development

During my fellowship I was encouraged by my academic mentor, Professor Richard Holland, to apply for a permanent lectureship position, which I was successful in achieving. Following this I was encouraged to apply for a promotion and was successful in my application, so became a Senior Lecturer in 2017. This substantive post and recognition of my achievements will ensure that I can continue to be active in the addictions research field beyond my fellowship with the SSA.

I have become an Honorary visiting Fellow at London South Bank University, in recognition of my active research links with the department of addictive behaviours. In 2018 I was also elected as to serve on the Society for Research on Nicotine and Tobacco board as their European representative.

I am extremely grateful to the SSA for funding this fellowship. I believe I have fulfilled all the fellowship's aims and this funding has allowed me to generate important research outputs for the population affected by tobacco addiction, whilst allowing me to grow as an addictions' researcher. Thank you.