Recent Research Studies:

Study Title	Study Design	Study Objective
Access study (Bristol University)	Questionnaire survey to evaluate patient access to electronic medical test result in general practice across England.	The results of this work will allow policy makers and the NHS, including the many practices currently not offering patients electronic access to their test results, to consider how best to implement these services in the future to improve patient care.
Active Brains study (Southampton University)	**RE**ducing and preventing **CO**gnitive impairment i**N** older age groups (The RECON Programme) Feasibility trial	To evaluate a new website called '**Active Brains**' which aims to help older adults to look after their brain and body health, to prevent dementia. The website will help older adults to make simple changes such as getting more active, playing brain training games and finding ways to eat more healthily.
ASYMPTOMATIC trial (Alder Hey Children's NHS Foundation Trust)	**A**ssessing **Sy**mptom-driven versus **M**aintenance **P**reventer **T**herapy for the **O**utpatient **M**anagement of **A**s**T**hma **I**n **C**hildren Randomised controlled trial	In children with mild asthma, is taking the preventer inhaler *only when symptomatic* as effective as taking it every day?
ATLANTIS trial (Leeds University)	**A**mitriptyline a**t** **L**ow-dose **an**d **T**itrated for **I**rritable Bowel Syndrome as **S**econd-line Treatment. Double-blind placebo-controlled trial.	To determine the clinical and cost-effectiveness of low-dose amitriptyline as a second-line treatment for IBS in primary care.
ATTACK trial (Southampton University)	**A**spirin **T**o **T**arget **A**rterial Events In **C**hronic **K**idney Disease (CKD) Pragmatic multicentre open-label randomised controlled trial	Does low-dose aspirin (75mg) reduce the chance of a first heart attack or stroke in patients with chronic kidney disease?
Breathe4T study (Southampton University)	**Breathing Retraining for Asthma -** randomised controlled trial of home exercises **for** asthmatic **T**eenagers	Mobile-friendly website to teach breathing exercises to adolescents who suffer asthma attacks.

DZ-D100 Dermocamera and DZ-S50 Dermoscope (CASIO Computer Co., Tokyo)	Observational industry study	Trial of the DZ-D100 Dermocamera and the DZ-S50 Dermoscope in UK General Practice, and provision of feedback and marketing advice to CASIO Computer Co., Japan.
Eczema Care Online study (Southampton University)	Two multi-centre randomised controlled trials with internal pilots and nested health economic evaluations and mixed-methods process evaluation studies. One trial is for young people with eczema and one for parents of children with eczema)	To determine the clinical and cost-effectiveness of two online interventions for eczema: one for young people with eczema (intervention-YP) and one for parents/carers of children with eczema (intervention-PC).
Headway® (Family Mental Wealth, South London and Maudsley NHS Foundation Trust, Sussex University)	Clinical Focus Group to evaluate the new Headway® Insight Tool App, facilitated by Health Innovation Wessex.	Tackling Childhood Obesity through digital self-help tools that address underlying psychological drivers for emotional eating.
Immune Defence study (Southampton University)	4-arm randomised trial	To investigate the effectiveness and cost-effectiveness of commonly available nasal sprays and a brief physical activity and stress management intervention in preventing and reducing the incidence, severity, and duration of RTIs among patient at risk of serious infection in the COVID pandemic
MERIT trial (Oxford University)	D-**M**annos**E** to prevent **R**ecurrent urine **I**nfec**T**ions A randomized, double-blinded placebo-controlled trial	D-Mannose may offer a valuable alternative to antibiotic prophylaxis in women who experience recurrent UTIs, and in turn it may contribute to better antimicrobial stewardship in primary care. Patients take 2g of D-Mannose or placebo each day for 6 months.
PEGMED study (Southampton University)	**P**arental **E**xperience of **G**iving their children liquid **MED**ications: real-world acceptability and adherence of liquid formulation antibiotics in children	The objective is to assess the acceptability of and adherence to liquid oral antibiotics with a view to improving antibiotic guidelines across primary and secondary care.
PRINCIPLE trial (Oxford University)	Anyone experiencing COVID-19 symptoms, which started within the last 14 days, may be eligible to join the PRINCIPLE trial if they are aged over 65, or over 50 with an underlying health condition.	This trial has tested existing medication to reduce the symptoms of COVID-19 in the community and prevent the need for hospital admission. It showed that Hydroxychloroquine, Azithromycin and Doxycycline are ineffective in the treatment of Covid-19, and inhaled budesonide was the first widely available drug found to shorten recovery times in COVID-19 patients aged over 50 who are treated at home and in other community settings.

PROMDEP study (Southampton University)	**P**atient-**R**eported **O**utcome **M**easures for monitoring primary care patients with **DEP**ression: PROMDEP randomised controlled trial.	Active use of the Patient Health Questionnaire (PHQ-9) score to guide treatment and improve outcome in patients with new episodes of depression.
REDUCE (workstream 5) (Southampton University)	**RE**viewing long term anti-**D**epressant Use by **C**areful monitoring in **E**veryday practice Randomised Controlled Trial	The REDUCE study aims to identify safe, effective, and cost-effective ways of helping patients taking long-term antidepressants to taper off and stop treatment (when appropriate).
Reduce Carbon study (Portsmouth Hospitals University)	**R**andomis**ED** controlled trial to understand whether prescribing **C**hoice for inhal**E**rs is influenced by knowledge of the **CARBON** footprint	Does knowledge of the CARBON footprint of inhalers influence the prescribing choice of clinicians?
Spironolactone for Adult Female Acne (**SAFA**) (Southampton University)	**S**pironolactone for **A**dult **F**emale **A**cne: A pragmatic multicentre double-blind randomised superiority trial to investigate the clinical and cost-effectiveness of spironolactone for moderate or severe persistent acne in women	To determine the clinical effectiveness of spironolactone compared with placebo, in addition to standard care, in the treatment of moderate or severe persistent facial acne in adult women.
SuMMiT-D trial (Oxford University)	**Su**pport through **M**obile **M**essaging and d**i**gital health **T**echnology for **D**iabetes Randomised controlled trial	To compare with usual care the effectiveness and cost effectiveness of brief messaging to help type 2 diabetics on medication reduce their risk of diabetic complications.
SupportBack2 trial (Southampton University)	Supporting self-management of low back pain (LBP) with an internet intervention in primary care: A randomised controlled trial of clinical and cost-effectiveness	To determine the clinical effectiveness of the SupportBack intervention on LBP-related physical disability delivered with and without telephone physiotherapist support in addition to usual care, compared to usual care alone.
T2T Gout trial (Keele University)	**T**reat **to T**arget in gout study. Individually tailored uric acid lowering treatment in the intervention arm. Randomised controlled trial	What is the clinical and cost-effectiveness of using a goal-directed allopurinol-based treat-to-target protocol in people with high uric acid levels and recurrent gout flares?
TIGER study (Bristol University)	**T**rial of food allergy (**Ig**E) tests for **E**czema **R**elief Randomised controlled trial	Does food allergy test-guided dietary advice improve disease control in children aged < 2 with eczema?