
Be a life changer – get involved in health research!

My name is Alice Madden and I work in health research at Herefordshire and Worcestershire Health and Care NHS Trust.

As always, we are looking for people to volunteer to take part in research to enable improved treatments and services.

Health research is what makes the development of new medicines, new procedures and new therapies possible. Establishing if new interventions are better than current interventions could not be ascertained without research. It is how healthcare professionals find the most effective methods of care for their patients.

Public and patient feedback after taking part in research highlights that by people sharing their experiences it can have a hugely positive impact on their personal journey. This, along with the feel-good factor of contributing to something that will increase understanding and help future patient care, are two of the most frequently raised reasons as to why people take part in research.

We have two questionnaire-based research studies open that I would like to share with you. For information, both sit on the National Institute for Health and Care Research (<https://www.nihr.ac.uk/>) portfolio and have been ethically approved:

1. **GLAD study:** Join the world's largest study into anxiety and depression. Eligibility: medical diagnosis at some point in your lifetime of anxiety and/or depression; must be aged 16+. For further info and to get involved: GLAD Study <https://gladstudy.org.uk/>
2. **National Centre for Mental Health (NCMH):** A questionnaire study to help understand the impact of life experiences on maternal wellbeing and mental health. Eligibility: those currently pregnant or up to 12 month's post birth. For further info and to get involved: <https://t.co/jd5APW1XxU>

Thank you.