

## Cross-border Healthcare Intervention Trials in Ireland Network (CHITIN): Changing Lifestyles, Preventing Illness, Improving Care and Driving Policy Change In Health Intervention Research

Wednesday 12 February 2020, 10.00am – 1.00pm,  
Broadmeadow Suite, Fermanagh House, Broadmeadow Place,  
Enniskillen, BT74 7HR

Chaired by Dr Rhonda Campbell, CHITIN Programme Manager

- 10.00 Registration (tea/coffee available)
- 10.30 Welcome and Introduction – Professor Ian Young,  
Chief Scientific Advisor, Department of Health  
Director of Research & Development for Health & Social Care
- 10.40 Overview of the CHITIN Project - Dr Rhonda Campbell,  
CHITIN Programme Manager, Public Health Agency
- 11.00 **CHITIN Trials Presentations:**  
**Student Psychological Intervention Trial (SPIT):** a web-based  
intervention to alleviate symptoms of anxiety and depression and  
increase help-seeking amongst students with mental health problems  
- Dr Elaine Murray, Principal Investigator, Ulster University
- 11.20 **Walking In Schools (WISH):** a peer-led, school based walking  
intervention for adolescent girls - Dr Maria O’Kane, Research Fellow  
and WISH Trial Manager, Ulster University
- 11.40 Comfort Break (tea/coffee available)
- 11.45 **REfLECTS:** a trial examining the use of mirror-box therapy in upper  
limb rehabilitation for sub-acute stroke patients

- 12.05      **Walking For Health (WORTH):** a walking intervention to improve the physical and mental health and wellbeing of people with serious mental illness – Dr Sarah Howes, Research Associate, Ulster University
- 12.25      **Pragmatic Lifestyle Pregnancy and Post Pregnancy Intervention for Overweight and Obese Women with Gestational Diabetes Mellitus (PAIGE2)** - Dr Laura Cassidy, Project Coordinator, Belfast Health and Social Care Trust
- 12.45      Panel Discussion – Question & Answer Session  
- Chaired by Dr Rhonda Campbell
- 13.00      Close

A light lunch will be served after the event.