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**Royal College of GPs announce National Institute for Health Research paper its neurology, mental health and dementia category winner**

The Royal College of General Practitioners (RCGP) has named a research study funded by the National Institute for Health Research [Collaboration for Leadership in Applied Health Research and Care](http://clahrc-gm.nihr.ac.uk/) (NIHR CLAHRC) Greater Manchester as its Research Paper of the Year in the neurology, mental health and dementia category.

The award, which gives recognition to an individual or group of researchers who have undertaken and published an exceptional piece of research relating to general practice or primary care, went to a study whose lead author was the NIHR CLAHRC Greater Manchester’s Dr Sarah Knowles.

The paper, entitled ‘Managing depression in people with multimorbidity: a qualitative evaluation of an integrated collaborative care model’, was published in the journal BMC Family Practice and explores whether collaborative care can potentially achieve ‘joined-up’ care in the NHS by supporting health professionals to treat both mental and physical health together.

The need to bring physical and mental health care together is at the heart of this paper and is a current priority in the NHS, especially in primary care where most people with long-term physical conditions (e.g. diabetes) and depression are seen.

“People with depression and long-term conditions have poorer health and do worse than people with single conditions, but there needs are not well met,” said Dr Knowles, Research Fellow at the Alliance Manchester Business School. “In this study participants received treatment from ‘psychological wellbeing practitioners’ who had been trained to understand the impact of physical health on mental health; they also worked collaboratively with practice nurses.”

Dr Peter Coventry (Department of Health Sciences, University of York) and Prof Carolyn Chew-Graham (Research Institute, Primary Care & Health Sciences, Keele University) – both co-authors on the paper – accepted their prize for winning the award at a ceremony at Stationers’ Hall in London last night (28 September 2016).

As part of the award, the team will be presenting their paper at the RCGP’s Annual Conference in Harrogate in October 2016.

**ENDS**

**Notes to editors**

Paper and photographs on request

Interviews on request

This study was funded by the National Institute for Health Research Collaboration for Leadership in Applied Health Research and Care (NIHR CLAHRC) Greater Manchester. The NIHR is funded by the Department of Health to improve the health and wealth of the nation through research. The NIHR is the research arm of the NHS. Since its establishment in April 2006, the NIHR has transformed research in the NHS. It has increased the volume of applied health research for the benefit of patients and the public, driven faster translation of basic science discoveries into tangible benefits for patients and the economy, and developed and supported the people who conduct and contribute to applied health research. The NIHR plays a key role in the Government’s strategy for economic growth, attracting investment by the life-sciences industries through its world-class infrastructure for health research. Together, the NIHR people, programmes, centres of excellence and systems

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