



*National Institute for
Health Research*

NIHR Mental Health Research Network guide to finding and reading a research paper



The Mental Health Research Network is part of the National Institute for Health Research Clinical Research Network which supports research to make patients, and the NHS, better

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1. PURPOSE OF THIS GUIDE

This guide is published by the NIHR Mental Health Research Network (MHRN) (www.mhrn.info) to help mental health services users and their carers to access research into mental health. It explains how research is published as research papers, what the different sorts of papers are, how they are structured, how to identify a particular research paper and, finally, how to get hold of it. Section 8 contains a list of useful links.

2. WHAT IS A RESEARCH PAPER?

A [research paper](#) is an article that describes what researchers did, what they found, and what they think it means. Before it is published by a very specialized magazine (often called an academic journal), the journal's editor will ask for advice from other expert researchers on whether the journal should publish it, reject it, or ask for further information or corrections in some places before agreeing to publish. This process is known as 'peer review' and is the defining feature of academic publishing.

Some of the most important medical and scientific research journals are [Nature](#), [Science](#), the [British Medical Journal \(BMJ\)](#), the [Lancet](#), and the [New England Journal of Medicine](#). One measure of the importance of a journal is its 'impact factor', which reflects the average number of times an article in that journal is cited in another journal the following year.

Some top psychiatry journals by impact factor (from highest to lowest) are:

- [Archives of General Psychiatry](#)
- [Molecular Psychiatry](#)
- [American Journal of Psychiatry](#)
- [Biological Psychiatry](#)
- [Neuropsychopharmacology](#)
- [Schizophrenia bulletin](#)
- [British Journal of Psychiatry](#)
- [Journal of Clinical Psychiatry](#)
- [Journal of Child Psychology and Psychiatry](#)
- [Journal of the American Academy of Child and Adolescent Psychiatry](#)
- [Addiction](#)

Grey literature

[Grey literature](#) is non-peer-reviewed research, such as that published by a government agency or a charity. Examples are some [Department of Health](#), [Mind](#), and [Centre for Mental Health publications](#).

Different types of research papers

Research papers come in a variety of forms. They all contain carefully gathered and reported information, but differ in their details.

Original article

This is the most common type of paper, which describes original research done by the authors that has led to new knowledge.

Example: [Mood Induction in Depressive Patients: A Comparative Multidimensional Approach](#)

Case report

The authors describe a single case with unique features. This might be a new instance of a disease, complication, or way to diagnose it, or a new response to treatment.

Example: [Generalized Seizure in a Mauritian Woman taking Bupropion](#)

Review article

A review gives a detailed analysis of recent developments on a specific topic. It gathers together information from other published papers to give an overview.

Example: [Schizophrenia and Violence: Systematic Review and Meta-Analysis](#)

Editorial

The editor of the journal – or someone invited by the editor – gives their opinion on recent developments in a topic, or gives a short review or overview of original research articles published in the same issue of the journal.

Example: [Are women a different group of HIV-infected individuals?](#)

Letter to the Editor

This is a letter a reader of the journal has written to the editor, normally with comments on previously published articles. It might also be called 'Correspondence'.

Example: [Symptoms of anxiety and depression in adolescent students; a perspective from Sri Lanka](#)

Commentary

A short article in which the author gives his or her personal opinion on a subject.

Example: [Facts, values, and Attention-Deficit Hyperactivity Disorder \(ADHD\): an update on the controversies](#)

How papers are structured

The basic structure of a research paper is summarised by the acronym IMRAD:

- **I**ntroduction (Background to the research, and the question being tackled.)
- **M**ethod (What did they do?)
- **R**esults (What did they find? This might include tables and graphs of data.)
- **A**nd
- **D**iscussion (What does it mean?)

However, other sections may also be present.

Title

The title of a research paper may just give its topic ('Living alone and antidepressant medication use: a prospective study in a working age population') or it may summarize its principal results.

Abstract

The abstract of a paper is a summary of what the researchers did, what they found, and what they think it means. **It is nearly always available for free, even when the full paper is not.**

Acknowledgements

Here the authors thank their funders or others who helped them.

References

Very commonly in the introduction, methods or discussion, the authors will mention previous work done by themselves or others. In this section, they give details of where this work has been published, so that readers can find it.

There are several standard ways of referencing papers. They will all include the journal name, which is often abbreviated, the journal volume number (often in bold), the number of the first page of the article, and usually the year of publication. The title of the article is frequently given and the name of at least the first author. (Some papers have very many authors and then the Latin abbreviation 'et al.' meaning 'and others' may be used.)

For instance, BMC Public Health 2012, 12:236 means the article published by the journal "BioMed Central Public Health" in 2012, volume number 12, starting at page 236.

Declarations of interest

Journals may require authors to include here any additional information that could have affected their work or its conclusions.

3. HOW TO FIND A RESEARCH PAPER

With the academic reference to a paper, it is relatively straightforward to find the paper online either directly or by finding the journal website and tracking it down. However, more commonly, we might want to track down the original research behind a news or feature article in a newspaper or magazine.

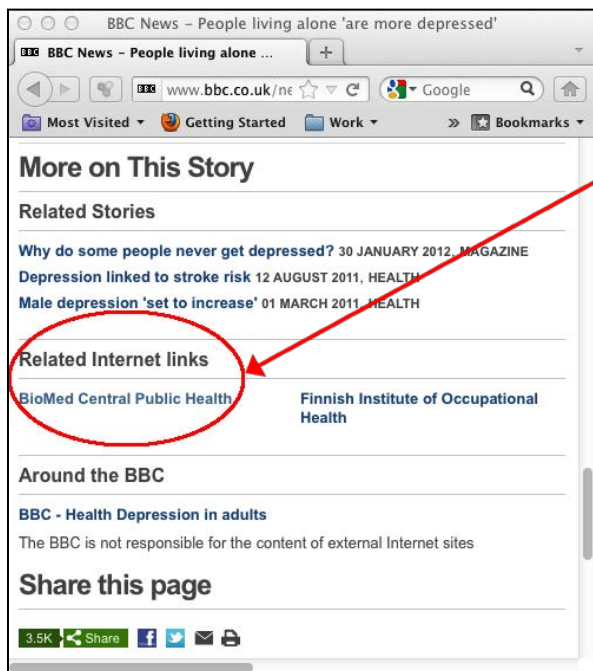
Finding a research paper from a news article

A print edition of a newspaper or magazine might tell you the name of the journal that published the research that inspired a news article. It will often include the name of at least one of the researchers and their institution, but without the volume and page number a little detective work is required.

For instance, in this [BBC News online article](#) on depression and living alone, the text says that the research paper mentioned was published in 'BioMed Central's public health journal'. It also says that one of the researchers (who will be an author of the paper) is Dr. Laura Pulkki-Raback, who works at the Finnish Institute of Occupational Health. In addition, it tells us what the study involved: the researchers 'tracked the use of anti-depressants' in working-age Finns; 1,695 were men and 1,776 were women, and they had an average age of 44.6 years. All this information – and when the news article was published – can be used to track down the original research paper. In this case, because it includes a link to the original research paper at the bottom, we only need this information to check we have found the right paper.



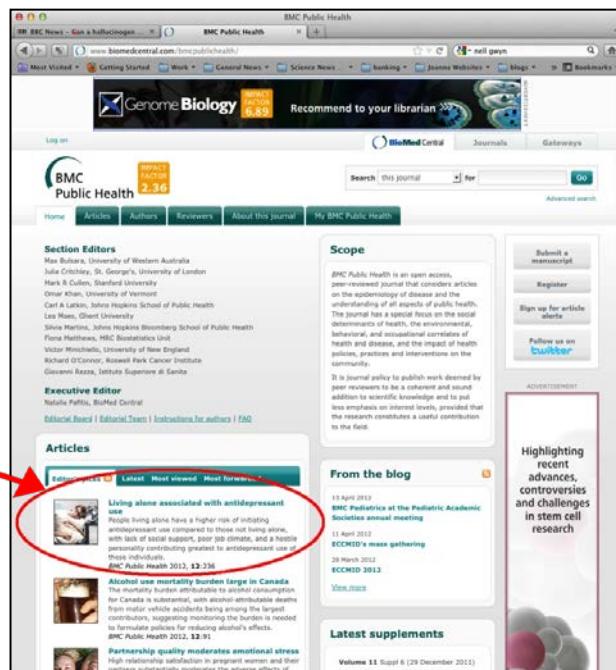
If links are provided



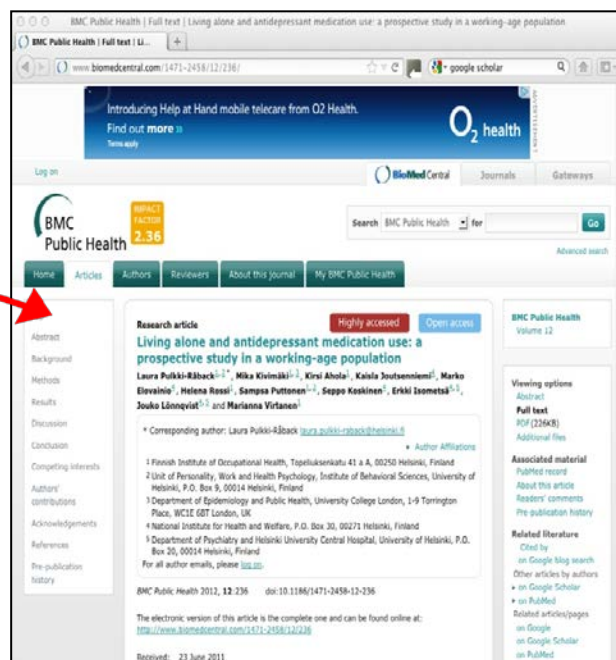
1. Scroll down to the bottom of the online news page to find the link. For this news item, it is labelled 'BioMed Central Public Health'

Click on the BioMed Central Public Health link to go to the website of the online journal that published the paper (*BMC Public Health*)

2. Find the title and summary of the paper and click on the title to access the full text



3. You can then access the full article online



It is worth noticing that the way the research is described changes between the newspaper, the link on the journal website and the research paper itself. The first two focus on the conclusion of the work, but the last one focuses on the method of the research (see Table 1).

Table 1: Example of how the description of research changes with the medium

Medium	Description of research
BBC News site	People living alone `are more depressed'
Journal website summary link to paper	Living alone associated with antidepressant use
Title of research paper	Living alone and antidepressant medication use: a prospective study in a working age population

If no links are provided

If the newspaper or magazine article doesn't give you links – and often they don't, particularly when the research paper isn't available for free online – then you can use academic search engines or searchable academic databases to find the original research paper or papers that inspired it.

Academic search engines

We can use the information about the research we picked out of the article to track it down using a free academic search engine like [PubMed](#), [Google Scholar](#), [Scirus](#), [science.gov](#), or [WorldWideScience](#) for any discipline, or [PsychSpider](#) for psychology. These specialise in searching academic literature. They all publish help and tips for new users: [PubMed help](#); [Google scholar help](#); [Scirus help](#); [science.gov help](#); [WorldWideScience help](#); and [Psychspider help](#).

For life sciences and mental health research, the most useful of these is probably PubMed. It has an [online tutorial](#) and more help is also available online.

When searching on them, it's worth trying out different keywords and different combinations. Each will have slightly different ways of refining searches, but it's worth knowing these common ways of specifying what you want (see Table 2).

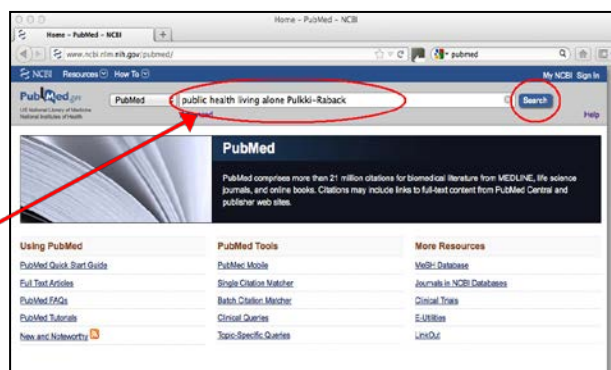
Table 2: How to refine search terms for common search engines

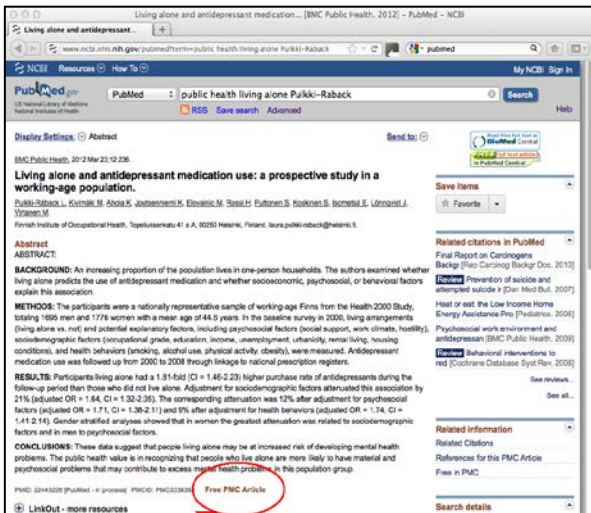
Search term	What the search engine will do
BMC Public Health 12:236 (2012)	Quick search, with journal + volume + pageInfo + pub year
depression Finland	Search for <i>depression</i> AND <i>Finland</i>
Depression OR antidepressant	Finds papers containing <i>depression</i> OR <i>antidepressant</i> . "OR" must be in capitals
(depression OR antidepressant) AND Pullki-Raback	Finds papers containing either <i>depression</i> OR <i>antidepressant</i> AND, on top of that, <i>Pullki-Raback</i>
depress* Pullki-Raback	Finds papers containing <i>Pullki-Raback</i> AND terms that start with <i>depress</i> .
depression Pullki-Raback - Japan	Finds citations containing depression AND <i>Pullki-Raback</i> but NOT <i>Japan</i>
With quotes: "living alone"	"living alone" (with quotes) results in a search for living alone as a sequence of two words.
Without quotes: living alone	Using no quotes is always less strict, and will give back all citations where the words <i>living</i> and <i>alone</i> occur, not necessarily sequentially.

PubMed simple example

1. Open the PubMed website at <http://www.ncbi.nlm.nih.gov/pubmed/>

2. Type 'public health living alone Pulkki-Raback' into the search line and press 'Search'





3. Try different search terms if the first one is unsuccessful or provides too many possible papers. (A search for 'public health living alone' gives 626 results.)

In this case PubMed has found the correct paper first time. With an advanced search we can enter the exact title of the journal (provided it is on the PubMed database) and also specify where terms might be found

4. Scroll down to the end of the abstract section if necessary

Click on the 'FREE PMC Article' link to access the full paper

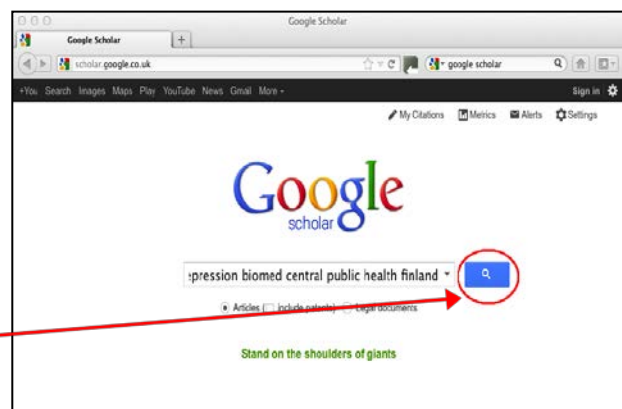


Google Scholar example

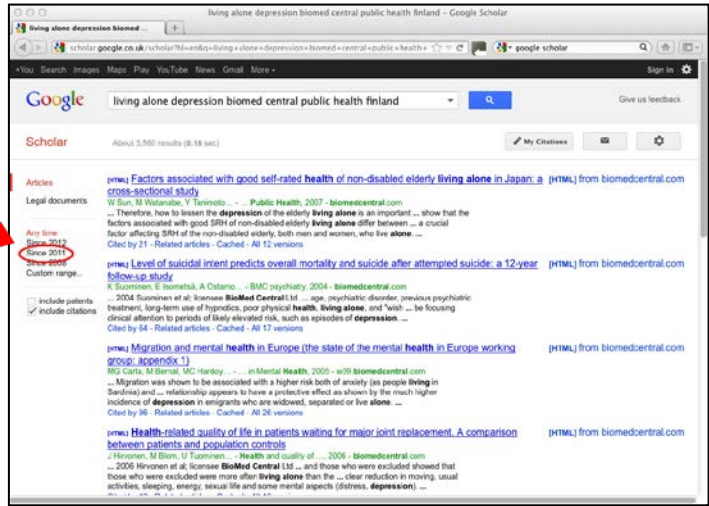
It's possible to use other search engines and databases to find the same paper, for instance, with Google Scholar.

1. Open Google Scholar at <http://scholar.google.co.uk>

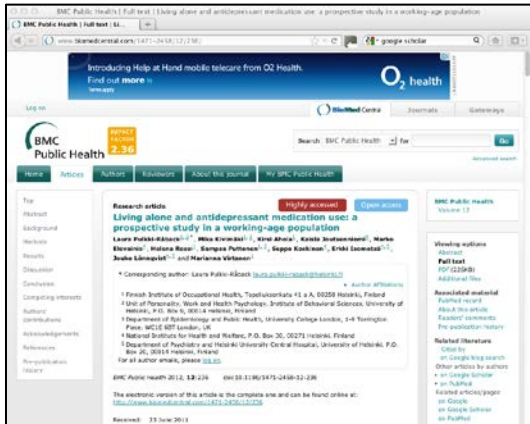
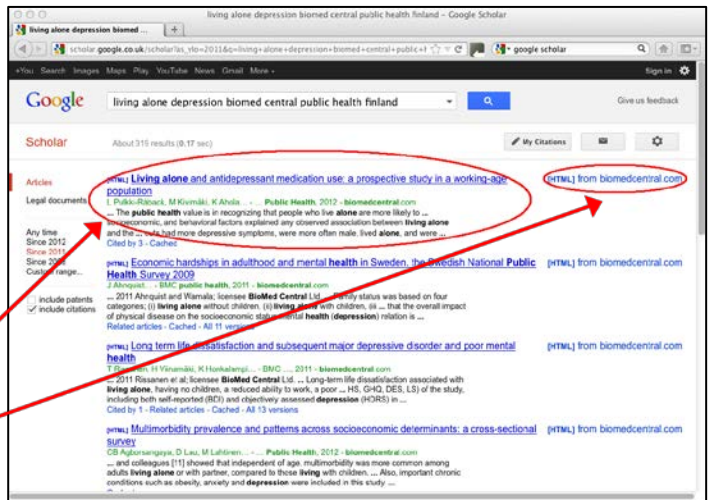
2. Type 'living alone depression biomed central public health finland' into the search box and click in the search symbol (which looks like a magnifying glass)



3. Click on 'Since 2011' to show only those papers published in 2011 or later



4. Click on the title of the paper (or the link on the right) to access the full article



5. Enjoy!

Finding relevant articles from a feature article



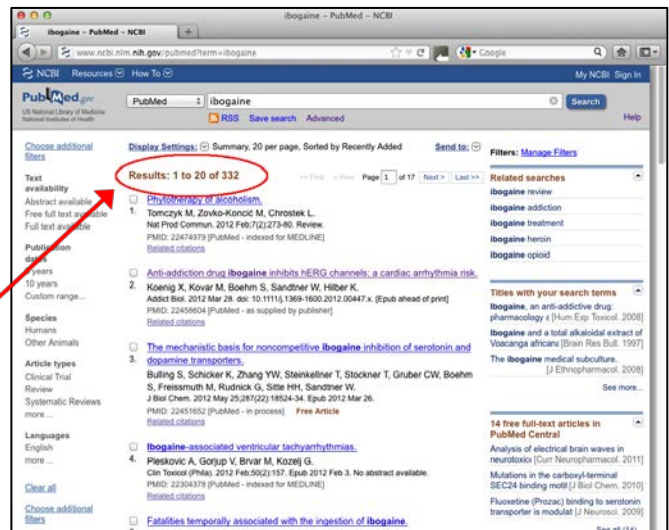
This [story on the anti-addictive drug ibogaine](#) in the BBC news online magazine is a feature article that isn't based on the recent publication of one particular research paper. Instead, it gives an overview of the history, risks and controversies of research into the drug over several decades.

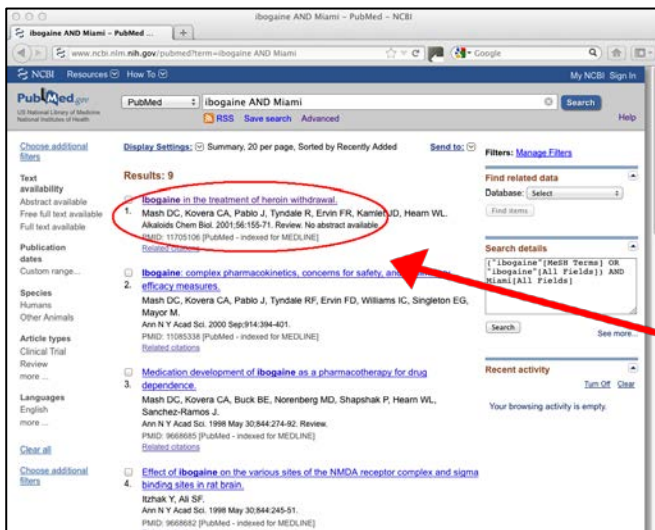
There is a link to the Miller School of Medicine at the University of Miami but no links to specific research papers. We can use PubMed to investigate the topic.

2. Open the PubMed website at <http://www.ncbi.nlm.nih.gov/pubmed/>

1. Type 'ibogaine' into the search line and press 'Search'

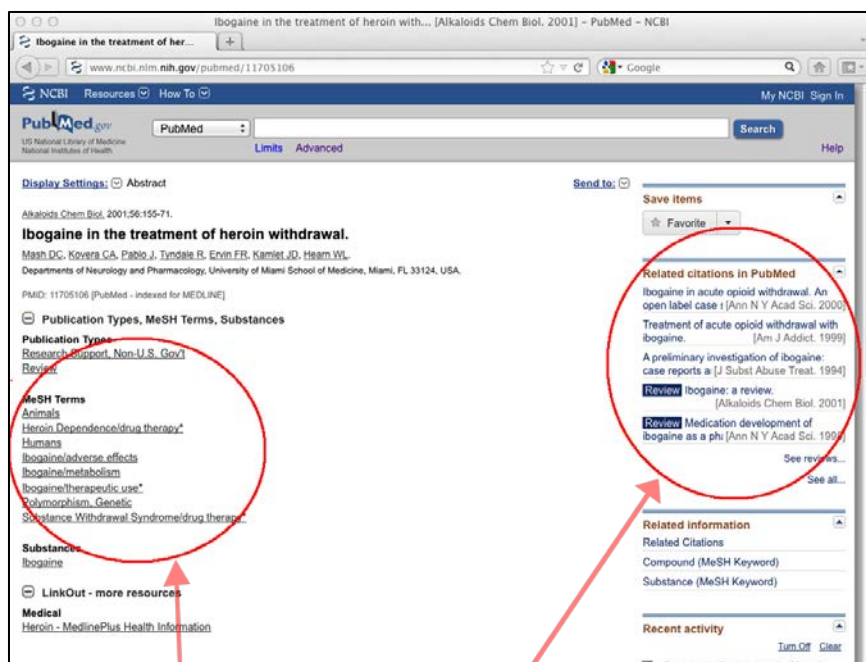
This gives 332 results, which is probably too many





3. Type 'ibogaine AND Miami' into the search line and press 'Search'

This brings up nine results. The first of these is a review article from 2011 with the title 'Ibogaine in the treatment of heroin withdrawal'



4. Click on the link for the paper. This doesn't take us to the full text but it does show us related citations in PubMed; these are papers on the same or similar topics

5. We can also see Publication Types, MeSH Terms (standard Medical Subject Headings), which are links that will also lead us to papers on similar topics

4. HOW TO GET HOLD OF RESEARCH PAPERS

As in the examples, it is possible to obtain some articles for free. Even where journals require a subscription or ask for payment for print/online access to the full text of articles, it is occasionally possible to obtain free or cheap access via a library.

Open Access and Delayed Open Access

Some journals publish their articles for free online, known as open access. Notable open access journals are the [PLoS](#) family of journals. 'Delayed open access' journals make articles available for free some time after publication. For example, the top general science journal [Proceedings of the National Academy of Sciences of the USA](#) makes its articles available for free six months after first publication. Some journals (even if they are open access) require you to register in order to access the full text of articles. This registration process is almost always free.

Lists of open access/delayed open access journals are available at [UK PubMed Central](#), [High Wire Press](#), [DOAJ \(Psychiatry\)](#), [DOAJ \(Psychology\)](#), [DOAJ \(Public health\)](#). DOAJ stands for Directory of Open Access Journals. [PsyPlexus](#) specifically lists open access mental health journals. You can [search the entire UK PubMed Central database](#) for open access articles.

Libraries

University or college libraries

If you are a student or have a **university or college library** close to you, you may be able to use it as a guest and photocopy or print articles from print copies on their shelves. It's not very likely you'll be able to access the article electronically through their system unless you're a registered student of the university.

Wellcome Trust Library

Anyone can join the [Wellcome Trust library](#), which specializes in medical topics, in central London by showing proof of identity and address to the library reception. Membership gives online access to some electronic journals and on-site access to its paper journals. You can also e-register to search the catalogue and request material from their stores before your first visit. You need to visit in person to convert an e-registration to full membership and obtain online access to electronic journals.

Pay for interlibrary loan from local public library

If you can wait (maybe several weeks) for a copy, your **local public library** can help you to obtain access to material nationally and internationally via the Inter-Library Loan (ILL) system. For about £10 per item, you can order an electronic scan or a photocopy of an article through your local library. This gives access to the entire collection of the [British Library](#), which can also be visited in person to view an item, although it encourages people to try other avenues before applying for a [Reader Pass](#).

5. ABOUT THE NIHR MENTAL HEALTH RESEARCH NETWORK

The National Institute for Health Research (NIHR) works to create a health research system in which the NHS supports outstanding individuals, working in world class facilities, conducting leading edge research focused on the needs of patients and the public.

One part of the NIHR is the Mental Health Research Network (MHRN, www.mhrn.info), which helps make research about mental health happen in the NHS in England.

MHRN Service Users in Research

The MHRN runs Service Users in Research, a network of people with experience of mental health problems who are interested in research. If you join Service Users in Research, we will regularly inform you about the research we support, and tell you about opportunities to get involved in projects.

To become a member of Service Users in Research, fill in and submit the membership form online at: www.mhrn.info/pages/join-service-users-in-research-online.html

Or you can download a membership form at:
www.mhrn.info/pages/people-with-experience-of-mental-health-problems.html

Please return completed membership forms (no stamp required) to:

FREEPOST Plus RSAY-JJZB-BSLG
MHRN Service Users in Research
Institute of Psychiatry PO77
De Crespigny Park
London SE5 8AF.

Email: mhrnppi@kcl.ac.uk or phone 020 7848 0644

If you would like to get involved in the work of the MHRN at a local level then please do contact your local MHRN hub. A list of the MHRN hubs together with their contact details can be found at: www.mhrn.info/pages/regional-offices.html

6. MHRN FACTOR

Family members, friends, and carers who support people with mental health problems have extensive knowledge and experience that can really make a difference to research projects.

The Mental Health Research Network runs a network of family members, friends, and carers that are interested in mental health research called FACTOR.

To become a member of FACTOR please fill in and submit the membership form online at: www.mhrn.info/pages/become-a-member-of-factor.html

Or you can download a membership form at: www.mhrn.info/pages/family-members-friends-or-carers.html

Please return completed membership forms (no stamp required) to:

FREEPOST Plus RSCK-GSTZ-TJYY
MHRN FACTOR
PO77, Institute of Psychiatry
16 De Crespigny Park
London SE5 8AF

Email: mhrnppi@kcl.ac.uk or phone 020 7848 0644

If you would like to get involved in the work of the MHRN at a local level then please do contact your local MHRN hub. A list of the MHRN hubs together with their contact details can be found at: www.mhrn.info/pages/regional-offices.html

7. GLOSSARY

Abstract	A formal summary of the contents of a research paper
Acknowledgements	A section at the end of a research paper where the authors thank organisations or individuals for support
Case report	A report of a single case with unique features
Citation	A reference to another research paper, or where the research paper has been referred to elsewhere
Commentary	A short article containing the author's opinion on a topic or another research paper
Declarations of interest	Information on the author's connections that could have affected their judgement.
Delayed open access	(See open access) Available to all, for free, a certain time after first publication
Discussion	What the authors think their research results mean
Editorial	An article giving the editor/guest editor's opinion on a topic or a short overview of the content of an issue of a journal
Grey literature	Non-peer reviewed research published by e.g. a government agency or charity
Impact factor	The average number of times articles in a particular journal are cited by an article in another journal the following year
Journal	A magazine specialising in research papers on a particular topic
Letter to the Editor	Also called correspondence, a short article made up of a letter received by the journal editor
Method	What the authors did
Open Access	Available to all, for free, with no subscription required. (Usually, the authors or their funders have paid for the costs of publication)
Peer review	Quality check of published research by other respected researchers in the same field
References	List of other research papers referred to in the text
Research paper	Peer-reviewed article in a specialist magazine describing the authors' research
Results	What the authors found
Review article	A detailed analysis of recent developments on a specific topic

8. USEFUL LINKS

Useful sources of information

Libraries

British Library <http://www.bl.uk/>
British Library Reader Pass application <http://www.bl.uk/reshelp/inrooms/stp/register/stpregister.html>
Wellcome Trust Library <http://library.wellcome.ac.uk/>

Charities

MIND <http://www.mind.org.uk>
Mental Health Research Network <http://www.mhrn.info>
Rethink <http://rethink.org>
Wellcome Trust <http://www.wellcome.ac.uk/>

Mental Health Research News

Centre for Mental Health publications http://www.centreformentalhealth.org.uk/publications/publications_list.aspx
Department of Health publications <http://www.dh.gov.uk/health/category/publications/reports-publications/>
MedScape Psychiatry and Mental Health News <http://www.medscape.com/psychiatry/resource>
The Mental Elf <http://www.thementalelf.net>
Mind publications <http://www.mind.org.uk/shop/booklets>
NHS Choices (Behind the Headlines) <http://www.nhs.uk/News/Pages/NewsIndex.aspx>
One in Four magazine list of mental health publications <http://www.oneinfourmag.org/index.php/list-of-mental-health-publications>

Examples of types of research article

Original article example: Mood Induction in Depressive Patients: A Comparative Multidimensional Approach <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0030016>

Case report example: Generalized Seizure in a Mauritian Woman taking Bupropion <http://www.plosmedicine.org/article/info:doi/10.1371/journal.pmed.0010015>

Review article example: Schizophrenia and Violence: Systematic Review and Meta-Analysis <http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1000120>

Editorial example: Are women a different group of HIV-infected individuals? <http://www.springerlink.com/content/w807r65392v10250/>

Letter to the Editor example: Symptoms of anxiety and depression in adolescent students: a perspective from Sri Lanka <http://www.capmh.com/content/4/1/10>

Commentary example: Facts, values, and Attention-Deficit Hyperactivity Disorder (ADHA): an update on the controversies <http://www.capmh.com/content/3/1/1>

Academic search engines and their help pages

PubMed	http://www.ncbi.nlm.nih.gov/pubmed/
PubMed help	http://www.ncbi.nlm.nih.gov/books/NBK3827/
PubMed tutorial	http://www.nlm.nih.gov/bsd/disted/pubmedtutorial/
UK PubMed Central	http://ukpmc.ac.uk/
Google Scholar	http://scholar.google.co.uk/
Google Scholar help	http://scholar.google.com/intl/en/scholar/help.html
Scirus	http://www.scirus.com/
Scirus help	http://www.scirus.com/html/help/index.htm
Science.gov	http://www.science.gov/
Science.gov help	http://www.science.gov/helpNew.html
WorldWideScience	http://worldwidescience.org/
WorldWideScience help	http://worldwidescience.org/help.html
Psychspider	http://psychspider.com/
Psychspider help	http://www.zpid.de/PsychSpider_Hilfe.php?lang=EN

Useful lists of open access journals

PLoS family of journals	http://www.plos.org/publications/journals/
UK PubMed Central	http://ukpmc.ac.uk/journalList
High Wire Press	http://highwire.stanford.edu/lists/freeart.dtl
DOAJ (Psychology)	http://www.doaj.org/doaj?cpid=128&func=subject
DOAJ (Psychiatry)	http://www.doaj.org/doaj?func=subject&cpid=31
DOAJ (Public Health)	http://www.doaj.org/doaj?func=subject&cpid=21&uiLanguage=en
PsyPlexus	http://www.psyplexus.com/plexus/open_access.html

A subscription is needed to access the full text of research articles in many journals in the following sections.

Top general science/medicine research journals

The Lancet	http://www.thelancet.com
Nature	http://www.nature.com
New England Journal of Medicine	http://www.nejm.org
Proceedings of the National Academy of Sciences of the USA	http://www.pnas.org/
Science	http://www.sciencemag.org

Useful lists of psychiatry-related journals

List of all psychiatry journals	http://ip-science.thomsonreuters.com/cgi-bin/jrnlst/jlresults.cgi?PC=D&SC=VE
List of psychiatry journals by topics (scroll down)	http://www.psychiatrynet.eu/links/4007_Journals_and_impact_factors#Top_psychiatric_journals_ranked_by_2008_Impact_Factor_4373
Medscape list of Psychiatry and Mental Health journals	http://www.medscape.com/psychiatry/journals
Top ten psychiatry journals by 2008 impact factor (two rival lists)	http://sciencewatch.com/dr/sci/09/aug16-09_1/http://tinyurl.com/c6o4noh

Top psychiatry journals (high 2008 impact factor)

Addiction	http://www.addictionjournal.org/
American Journal of Psychiatry	http://ajp.psychiatryonline.org/journal.aspx?journalid=13
Archives of General Psychiatry	http://archpsyc.jamanetwork.com/journal.aspx
Biological Psychiatry	http://www.elsevier.com/wps/find/journaldescription.cws_home/505750/description
British Journal of Psychiatry	http://bjp.rcpsych.org/
Journal of the American Academy of Child and Adolescent Psychiatry	http://www.jaacap.com
Journal of Child Psychology and Psychiatry	http://onlinelibrary.wiley.com/journal/10.1111/%28ISSN%291469-7610
Journal of Clinical Psychiatry	http://www.psychiatrist.com/
Journal of Psychiatric Research	http://www.elsevier.com/wps/find/journaldescription.cws_home/241/description#description
Molecular Psychiatry	www.nature.com/mp/index.html
Neuropsychopharmacology	http://www.nature.com/npp/index.html
Psychological Medicine	http://journals.cambridge.org/action/displayJournal?jid=PSM
Schizophrenia bulletin	http://schizophreniabulletin.oxfordjournals.org/

Other research journals with research on mental health issues

Alcohol and Alcoholism	http://alcalc.oxfordjournals.org/
American Journal of Epidemiology	http://aje.oxfordjournals.org/
American Journal of Public Health	http://ajph.aphapublications.org/
BMC Psychiatry	http://www.medscape.com/viewpublication/21030
Brain	http://brain.oxfordjournals.org/
British Journal of Mental Health Nursing	http://www.bjmhn.co.uk/
British Journal of Neuroscience Nursing	http://www.bjnn.co.uk/
British Medical Journal (BMJ)	http://www.bmj.com
Child and Adolescent Psychiatry Online	http://priory.com/psychchild.htm
Community Mental Health Journal	http://www.springer.com/medicine/psychiatry/journal/10597
Current Opinion in Psychiatry	http://journals.lww.com/co-psychiatry/Pages/default.aspx
Evidence-based Mental Health	http://ebmh.bmj.com/
Expert Review of Neurotherapeutics	http://www.expert-reviews.com/loi/ern
Future Neurology	http://www.futuremedicine.com/loi/fnl
Health and Social Care in the Community	http://onlinelibrary.wiley.com/journal/10.1111/%28ISSN%291365-2524
Infant Mental Health Journal	http://onlinelibrary.wiley.com/journal/10.1002/%28ISSN%291097-0355
International Journal of Mental Health Nursing	http://onlinelibrary.wiley.com/journal/10.1111/%28ISSN%291447-0349
International Journal of Mental Health Promotion	http://www.ijmhp.co.uk/
Journal of Mental Health	http://informahealthcare.com/jmh
Journal of Pediatric Psychology	http://jpepsy.oxfordjournals.org/
Journal of Public Mental Health	http://www.emeraldinsight.com/journals.htm?issn=1746-5729
Mental Health Practice	http://mentalhealthpractice.rcnpublishing.co.uk/
Mental Health Review Journal	http://www.emeraldinsight.com/products/journals/journals.htm?id=MHRJ
Mental Health and Substance Use	http://www.tandf.co.uk/journals/rmhs
Occupational Therapy in Mental Health	http://www.tandf.co.uk/journals/WOMH

PLoS Medicine
Psychiatry Online
Social Cognitive and Affective
Neuroscience
World Psychiatry

<http://www.plosmedicine.org/home.action>
<http://www.priory.com/psych.htm>
<http://scan.oxfordjournals.org/>
<http://www.world-psychiatry.com/>

Other links

BBC News article on depression and
living alone

<http://www.bbc.co.uk/news/health-17475240>

BBC Feature article on ibogaine and
addiction

<http://www.bbc.co.uk/news/magazine-17666589>

Grey literature

http://www.ncl.ac.uk/library/resin/finding_information/grey_literature.php

Wikipedia article on research papers/
scientific journals

http://en.wikipedia.org/wiki/Scientific_journal

This guide was put together by [Joanna Carpenter](#) for the National Institute for Health Research
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