University of Birmingham

# Dr Lynda Tait BSc (Hons); PhD; CSci

Research Fellow

Primary Care Clinical Sciences

## Contact details

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## About

Lynda Tait is a Research Fellow in Primary Care Clinical Sciences.

Lynda has published articles in peer reviewed scientific journals as well as editorials and a book chapter in the field of mental illness. She has received funding from NIHR EME/Medical Research Council and from NIHR RfPB programmes.

Lynda has a personal academic website and academic blog at: **http://www.lyndatait.com/ (http://www.lyndatait.com/)** and can be contacted by Email at **lynda@lyndatait.com (mailto:lynda@lyndatait.com)**

## Qualifications

Research Fellow in Primary Care Clinical Sciences

- Chartered Psychologist 2013
- Chartered Scientist 2007
- PhD Psychology 2002
- BSc (Hons) Psychology (First class) 1997

## Biography

Lynda Tait qualified with a First Class BSc (Hons) in Psychology from University of Birmingham in 1997. She gained a PhD in Psychology before joining the Primary Care Clinical Sciences Unit in 2003 as a Research Fellow. Previous to this post Lynda was employed from 2001-2003 as a Statistics Adviser to students and staff members of the School of Psychology, University of Birmingham.

Lynda was awarded Chartered Scientist by The British Psychological Society and the Science Council in 2007, and achieved Chartered Psychologist status in 2013.

Lynda's interests include:

- Benefits of self-care initiatives for serious mental illness
- Mental health recovery and psychological adaptation to serious mental illness
- Engagement with mental health services
- Strategies to reduce mental health inequalities
- Primary and secondary care services for mental illness
- Global perspective on mental health

Lynda also has an interest in helping students and doctoral students to fulfil their potential.

Lynda has extensive experience in using quantitative, qualitative and mixed-methods research methods.

## Teaching

**Teaching Programmes**

- **BMedSci (/students/courses/undergraduate/med/medical-sci.aspx)**
- **MBChB (/students/courses/undergraduate/med/medicine.aspx)** Public Health
- **MBChB (/students/courses/undergraduate/med/medicine.aspx)** Communication Skills

## Postgraduate supervision

Lynda currently supervises a split-location, international PhD student who is investigating global mental health in a low-income country.

She also supervises a PhD student investigating social capital and the pursuit of health goals within the Pakistani community.

Lynda is interested in supervising doctoral research students in the following areas:

- Recovery from serious mental illness
- Mental health inequalities
- Global mental health
- The role of self-care in serious mental illness

If you are interested in studying any of these subject areas please contact Lynda on the contact details above, or for any general doctoral research enquiries, please email: **dr@contacts.bham.ac.uk (mailto:dr@contacts.bham.ac.uk)** or call +44 (0)121 414 5005.

For a full list of available Doctoral Research opportunities, please visit our **Doctoral Research programme listings (http://www.bham.findaphd.com/?es=y&apl=y&aplt=&show)** .

## Research

**RESEARCH THEMES**

Global mental health, Mental Health Self-Care, Affective Disorders, Serious Mental Illness, Primary Care Mental Health

**RESEARCH ACTIVITY**

**Primary Care Mental Health**

Lynda has a particular interest in promoting recovery in psychosis and improving the quality of care and treatment people receive in mental health services. She developed a scale to measure engagement with services, which has been used in UK and international studies. It has been translated into various languages, e.g. Dutch, Norwegian, Taiwanese, and has been adopted by NIHME Knowledge Community for use by Early Intervention Services.

The development and evaluation of an educational intervention on first episode psychosis for primary care has also been a focus of study.

**Self-Care/Peer Support**

She has also developed research in partnership with Bipolar UK on self-care initiatives for bipolar disorder.

## Other activities

- Editorial Board Member - Schizophrenia Research & Treatment
- External Peer-Reviewer - Journals and Grants
- External PhD Examiner

## Publications


**Tait L**, Mant J, Roalfe AK, Deeks J, Cowie M, Barton PM, Iles R, Taylor, C, Derit M, Hobbs FDR: Design of the **REFER** (**REF**er for **E**choca**R**diogram) study: a prospective validation of a clinical decision rule, NT-proBNP, or their combination, in the diagnosis of heart failure in primary care. **BMC Cardiovascular Disorders** 2012, 12:97. Doi:10.1186/1471-2261-12-97.

**Tait L**, Beresford G. Generalised anxiety disorder: the importance of life context and social factors. **British Journal of General Practice** 2011, 61(587):378-379.

**Tait L**, Ryles D, Sidwell, A. Strategies for engagement. In P French, J Smith, D Shiers, M Reed, M Rayne, (eds). Promoting recovery in early psychosis: A practice manual. London, Blackwell, 2010.

**Tait L**, Heron J. Management of postnatal depression in primary care: a window of opportunity**. British Journal of General Practice** 2010, 60(580):801-802.

Blank DL, Bodansky DMS, Forbes A, Garde E, Story F, Roalfe A, **Tait L**. Influenza vaccination of future health care workers: a cross sectional study of uptake, knowledge and attitudes. **Vaccine** 2010, 28(29):4668-72. Doi:10.1016/j.vaccine.2010.04.066.

**Tait L**. To disclose or not to disclose psychological problems to GPs. **British Journal of General Practice** 2009, 59(566):638-639.

Lester H, Birchwood M, Freemantle N, Michail M, **Tait L**. REDIRECT: cluster randomised controlled trial of general practitioner education in detection of first episode psychosis. **British Journal of General Practice** 2009, 59(563):403-408.

Mavaddat N, Lester HE, **Tait L**. Development of a patient experience questionnaire for primary care mental health. **Quality and Safety in Health Care** 2009, 18:147-152.

Simon AE, Lester H, **Tait L**, Stip E, Roy P, Conrad G, Hunt J, Epstein I, Larsen TK, Amminger P, Holub D, Wenigova B, Turner M, Berger GE, O'Donnell C, Umbricht D. The international study on general practitioners and early psychosis (IGPS). **Schizophrenia Research** 2009, 108(1):182-190. doi: 10/1016/j.schres.2008.11.004.

Lester H, Birchwood M, **Tait L**, Shah S, England L, Smith J: Barriers and facilitators to partnership working between Early Intervention Services and the voluntary and community sector. **Health & Social Care in the Community** 2008, 16(5):493-500. *This article was based on a section of the final report written by Lynda Tait.*

**Tait** L, Shah S. Partnership working: a policy with promise for mental healthcare. **Advances in Psychiatric Treatment** 2007, 13:261-271.

Lester HE, **Tait L**, England E, Tritter J. Patient involvement in primary care mental health: a focus group study. **British Journal of General Practice** 2006, 56:415-422.

Lester H, **Tait L**, Khera A, Patterson P, Birchwood M. The development and evaluation of an educational intervention on first episode psychosis for primary care. **Medical Education** 2005, 39:1006-14.

**Tait L**, Lester H. Encouraging user involvement in mental health services. **Advances in Pychiatric Treatment** 2005, 11:168-175.

**Tait L**, Lester H, Birchwood M, Freemantle N, Wilson S. Design of the Birmingham early detection in untreated psychosis trial (REDIRECT): cluster randomised controlled trial of general practitioner education in detection of first episode psychosis [ISCTN87898421]. **BMC Health Services Research** 2005, 5:19.

**Tait L**, Birchwood M, Trower P. Adapting to the challenge of psychosis: personal resilience and the use of sealing over (avoidant) coping strategies. **British Journal of Psychiatry** 2004, 185:410-415.

**Tait L**, Birchwood M, Trower P. Predicting engagement with services for psychosis: insight, symptoms and recovery style. **British Journal of Psychiatry** 2003, 182:123-128.

**Tait L**, Birchwood M, Trower P. A new scale (SES) to measure engagement with community mental health services. **Journal of Mental Health** 2002, 11(2):191-198.

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