

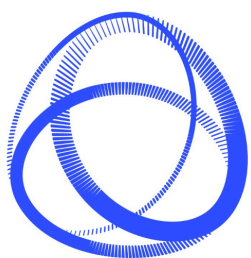
CHiP-D Study



Sleep And Circadian Health Disturbances In Psychosis And Depression: The Cascading Impacts Of Impairments In Cognitive Control

**KENT AND
MEDWAY
MEDICAL
SCHOOL**

University of
Kent



**Canterbury
Christ Church
University**



UNIVERSITY OF
LIVERPOOL

NHS
South London
and Maudsley
NHS Foundation Trust

NHS
Kent and Medway
Mental Health
NHS Trust

Funded by the Wellcome Trust

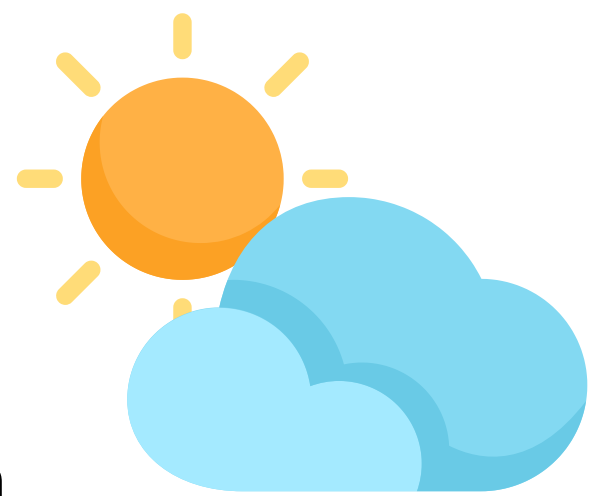


chip-d@kmms.ac.uk

Participants Needed

Who are we looking for?

- People who work standard daytime hours (e.g., 9-5 pm) **or**
- NHS rotational shift workers **or**
- People diagnosed with schizophrenia, schizophreniform disorder, or major depressive disorder in the past 10 years and stable on treatment for at least 3 months



Objectives

We want to understand how your sleep patterns influence your cognitive and emotional well-being



Rewards

Receive up to £210 in vouchers and a summary report of your sleep!



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What's involved?



Sleep +
Activity



Light
Monitor



Daily
Diaries

During **each season** of the year, for **2 weeks** you will:

- Wear cutting-edge devices to track your sleep and light exposure
- Fill in short daily diaries on your phone
- Provide saliva samples on 3 days. These samples are taken at home and will help us understand your sleep-wake timings

At the end of each 2 week period you will be invited to have a brain scan to understand how sleep impacts your brain structures.



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How to take part

If you are interested in taking part,
please email us or scan the QR
code to sign up:



chip-d@kmms.ac.uk

