



UNIVERSITY OF
SURREY

**MEASURING DEPRESSION:
FROM METHODOLOGY TO
CLINICAL APPLICATION**

WORKSHOP PROGRAMME

5 June 2025

OUR SPONSOR



The Institute of Advanced Studies (IAS) at the University of Surrey sponsors workshops and Fellowships at the 'cutting edge' of science, engineering, social science and the humanities. Through this scheme the Institute fosters interdisciplinary collaborations and encourages a flow of international scholars to visit, enjoy their stay at Surrey and leave behind excellent ideas and innovations.

ias.surrey.ac.uk

INTRODUCTION

Globally, depression is the most common mental illness and has marked detrimental effects on quality of life and physical health. Despite being widely studied, clinical advances in the diagnosis and treatment of depression have been lacking.

Depression remains a priority area for the chief UK research funders and has been the subject of contentious debate among stakeholders regarding [national treatment guidelines](#). These examples reflect the need for research and investment to draw together experts in the field to tackle the growing public health challenge associated with living well with depression.

One reason for the lack of progress in this area is due to problems with the measurement of depression; if we are unable to effectively measure depression, how can we seek answers to the issues it poses?

The overarching aim of this workshop is to provide an up-to-date discussion on the pitfalls, challenges and solutions to measuring depression. We will present and discuss evidence in relation to depression in the context of research (e.g.

standardised scales) as well as clinical settings (e.g. clinical interviews). We will highlight the key methodological challenges that researchers in the field face, as well as the areas where more research attention is required.

Throughout the day we will facilitate discussions across four key areas:

- Examining the depression phenotype: Discussing recent evidence which questions whether depression represents a single phenotype.
- Revisiting depression screening tools: Exploring suitability of existing tools in relation to symptom heterogeneity, scale quality, reliability, validity and specificity.
- Understanding depression in diverse contexts: Assessing the cross-cultural applicability of current diagnostic guidelines.
- Measuring depression in practice: Understanding the challenges of assessing depression in clinical practice, and the role of digital healthcare.

We will also be joined by several Patient Public Involvement representatives who are able to share their lived experiences with us on the day.

We are grateful to the Institute of Advanced Studies for funding this event and we look forward to an enriching day with you all.

Best wishes,
The organising committee

Workshop Chair:
Dr Lydia Poole, University of Surrey

Organising committee:
Dr Mel Ramasawmy, Queen Mary University of London; Dr Andrea Martinez and Dr Rose Rickford, University of Surrey

Administrative support:
Charlotte Cheattle, University of Surrey; and Louise Jones, Institute of Advanced Studies

PROGRAMME

THURSDAY 5 JUNE

Innovation for Health Building, Room 02 IFH 01

(BST)

- 09.45 – 10.15 Arrival and Registration
- 10.15 – 10.25 Introduction and Welcome – Professor Roi Cohen Kadosh, Head of School of Psychology, University of Surrey
- 10.25 – 11.10 Keynote: Revisiting the Theoretical and Methodological Foundations of Depression Measurement – Dr Eiko Fried, Leiden University
Chair: Dr Lydia Poole
- 11.10 – 11.30 Coffee Break
- 11.30 – 12.20 Paper Session: Using Longitudinal Data Sources and Cohort Studies to Measure Depression - Dr Amy Ronaldson, King's College London; Dr Jennifer Dykxhoorn, UCL; and Dr Jorge de la Torre, King's College London
Chair: Dr Lydia Poole
- 12.20 – 12.45 Patient Public Involvement Session: Lived Experiences of Depression Assessment – Ms Eleanor Levy, Ms Mandy Peponis and Ms Charlotte Stevens, PPI representatives
Chair: Dr Rose Rickford

- 12.45 – 13.30 Lunch Break
- 13.30 – 14.00 Early-Career Researcher Flash Talks – Mr Chris Lo, King's College London; Ms Rumandeep Kaur, University of Surrey; Mr Henry Delamain, UCL; and Ms Niamh Molloy, King's College London
Chair: Dr Andrea Martinez
- 14.00 – 14.50 Paper Session: Clinical Applications and Digital Advancements in Depression Measurement – Dr Adam Geraghty, University of Southampton; Dr Yuezhou Zhang, King's College London; and Professor Chris Dowrick, University of Liverpool
Chair: Dr Mel Ramasawmy
- 14.50 – 15.10 Coffee Break
- 15.10 – 16.00 Symposium: Cultural Sensitivity and Depression Screening – Dr Rose Rickford, University of Surrey; Dr Andrea Martinez, University of Surrey; and Dr Mel Ramasawmy, Queen Mary University of London
Chair: Dr Hannah Frith
- 16.00 – 16.10 Final Comments and Close – Dr Lydia Poole, University of Surrey

PARTICIPANTS

Dr Jorge de la Torre



Measuring Depression in Europe. From the Assessment to the Results

Dr Jorge de la Torre is a Clinical psychologist and statistician interested in mental health epidemiology, public health and health services research. Currently working as Lecturer at the Care in Long Term Conditions Research Division of the King's College London (UK), Associate Researcher at the CIBER epidemiology and Public Health-CBERESP (Spain) and Visiting Lecturer at the University of León (Spain).

Mr Henry Delamain



Mind the Age Gap: Exploring the Validity of the PHQ-9 and GAD-7 for Working Age and Older Adults

Henry is training to be a clinical psychologist at University College London (UCL) having worked in the UCL Centre for Outcomes Research and Effectiveness (CORE). With a background in computer science, at UCL he has contributed to varied research including: using machine learning for clinical prediction, network analysis to explore ethnic differences in the expression of psychological symptoms, and the statistical validation of routinely used psychological measures. As part of his doctoral studies, Henry works clinically in Enfield NHS Talking Therapies, delivering cognitive behavioural therapy for common anxiety and depressive disorders, and has ongoing research interests into computational psychiatry and its application to the study of mood.

Professor Chris Dowrick



Recovering from Depression?

Christopher Dowrick is Emeritus Professor in the University of Liverpool, general practitioner in Aintree Park Group Practice, and Professorial Research Fellow in the University of Melbourne. He is past Chair of the World Organisation of Family Doctors (WONCA) working party for mental health and provides expert advice to WHO including its mhGAP programme.

His research portfolio covers common mental health problems in primary care, with a focus on depression and medically unexplained symptoms. He critiques contemporary emphases on unitary diagnostic categories and medically-oriented interventions, and highlights the need for socially-oriented perspectives. He has developed mental health care for marginalised communities, including asylum seekers and refugees. He is currently exploring the ways in which the creative arts can reduce emotional distress.

With WONCA he enables educational interventions for family doctors in Africa, Asia and Latin America and expands the advocacy skills of family doctors in primary mental health care.

He has skills in a wide range of research methodologies, including epidemiology, trial design, qualitative approaches and theory and strategies for implementation. He has published seven books and over 250 research papers.

Dr Jennifer Dykxhoorn



Common Mental Disorders in Young People: Exploring Temporal Trends in the UK

Dr Jen Dykxhoorn is an Associate Professor and Principal Research Fellow in psychiatric and social epidemiology at University College London (UCL). Her research investigates the social and environmental determinants of mental illness, including schizophrenia, bipolar disorder, self-harm, and suicide. She is particularly interested in the unequal

distribution of mental health problems in socially excluded and historically marginalised groups such as migrants, refugees, minoritised ethnic groups, and those facing poverty or other forms of deprivation. [More information about her research](#). Jen's research is funded by the National Institute of Health and Care Research (UK).

Dr Eiko Fried



Revisiting the Theoretical and Methodological Foundations of Depression Measurement

Eiko Fried obtained his PhD in clinical psychology, followed by postdoctoral training in methodology. He now works as Associate Professor in Clinical Psychology at Leiden University. Eiko's research takes place at the intersection of clinical psychology, psychiatry, and complexity science, and his interests are how to best measure, predict, and understand mental health problems. His lab is currently focused on developing a [personalized early warning system for depression](#).

Dr Hannah Frith



Hannah is an Associate Professor in Psychology at the University of Surrey and a member of the PAPER project team. She is a qualitative researcher whose interests and expertise include how experiences of marginalisation impact on mental health and wellbeing.

Dr Adam Geraghty



Distress or Depression in Primary Care: Challenges in Conceptualisation and Identification

Adam is a research psychologist who has

Continued ►

been working in academic primary care for 15 years. He has an interest in the boundaries between emotional distress and psychopathology, particularly how these boundaries are understood by clinicians and people who use primary care services. He has also worked on illness-related distress in chronic pain, neurological disease and cancer, alongside additional streams of work in self-management, discontinuing antidepressants and digital interventions.

Ms Rumandeep Kaur



Navigating Depression: A Reflexive Thematic Analysis Exploring British Punjabi Sikh's Experiences of Receiving a Depression Diagnosis in Primary Care

Rumandeep is a Clinical Psychologist trainee at the University of Surrey. She holds a BSc in Psychology (Hons) from Leeds University, an MSc in Psychological Approaches to Health from the University of Leeds, and an MSc in Clinical Associate in Psychology from the University of Essex. Rumandeep has worked for the NHS for over 5 years in different roles, including Assistant Psychologist and Clinical Associate in

Psychology, across various services. Her interests include how different identities, such as religion and diversity, have an impact on mental health.

Mr Chris Lo



Assessing Treatment Outcomes of Antidepressants from Prescriptions in Real-World Data: Experience in UK Biobank

Chris (Wai Hang) Lo is a PhD student at the Social, Genetic and Developmental Psychiatry Centre, King's College London. His research is focused on the pharmacogenomics of antidepressant response. He is involved in characterizing treatment definitions for antidepressant response using genetic data and electronic health records in the UK Biobank.

Dr Andrea Martinez



Heterogeneity of Depression Symptoms Among South Asian Diaspora and Cultural Validity of Depression Screening Tools: Two Scoping Reviews

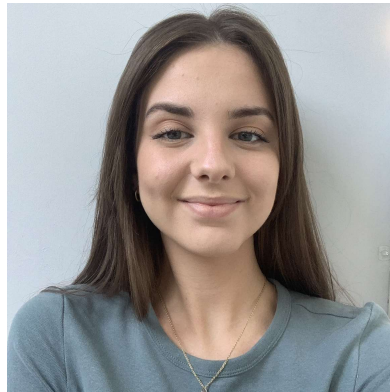
Andrea Martinez obtained her PhD in Psychology at King's College London and her bachelor's degree in Behavioural Science and master's degree in special education from the University of the Philippines.

Andrea has engaged in various public health research projects focusing on critical issues such as child abuse and exploitation, violence against women, migrants' mental health, self-harm behaviour, drug use, and health inequalities within vulnerable communities. Her research methodologies primarily involve co-production research methods and participatory action research.

With over 25 years of public service engagement in charity and non-profit organizations both in Manila and London,

Andrea has worked for the welfare of children, women, migrants, and other marginalized communities. She has been involved in monitoring and impact evaluation of various charity programs and services for individuals with mental health issues, those experiencing homelessness, domestic violence, and modern slavery. Additionally, she has served as a resource speaker and trainer in various programs addressing mental health and well-being for schools, communities, and organizations.

Ms Niamh Molloy



Designed with, not for: A Systematic Review of Co-Developed Outcomes in the Mental Health Field

Niamh studied psychology with clinical psychology at the University of Kent, and completed a Masters in Affective Disorders from King's College London.

Previously to starting her PhD, Niamh worked as research assistant at the King's Centre for Military Health Research (KCMHR) on the fourth phases of their flagship health and wellbeing cohort study following Armed Forces

personnel.

Niamh started her PhD in October 2023 and is investigating novel ways to measure the importance of research outcomes to those with lived experience. This includes testing the feasibility of asking service-users with depression and service-providers to judge the importance of outcomes from completed trials in depression to them, to create weights of importance through a Multi-Criteria Decision Model (MCDM) for secondary re-analysis of the original trials.

As part of her PhD, Niamh conducted a systematic review, published by the Lancet Psychiatry, that explored how patient reported outcome measures (PROMs) have been co-developed with people with lived experience of mental ill health.

Dr Lydia Poole



Introducing the Importance of Cultural Sensitivity for Depression Screening

Lydia holds a BSc (Honours) in Psychology from the University of Bath, an MSc in Health Psychology from King's College London, and a PhD in

Psychobiology from UCL.

Lydia joined the School of Psychology at the University of Surrey as a Senior Lecturer in 2022. Prior to joining she worked at UCL on a variety of research projects, with funders including the British Heart Foundation, ESRC, and NIHR. In 2016 she was awarded a fellowship by the ESRC under the Future Leader's scheme to investigate the biosocial mechanisms linking depression with long term conditions such as coronary heart disease, diabetes, cancer and arthritis. More recently she has received funding from NIHR as principal investigator on the PAPER (Prescribing Antidepressant in Primary care: Ethnic inequalities in treatment) Study.

Her research interests include the intersection between mental and physical health, psychobiology, health inequalities, and mixed methods research.

She holds an honorary research fellow position with UCL's Institute of Health Informatics.

Dr Mel Ramasawmy



British South Asian Perspectives on Depression Screening Tools Using Think-Aloud Methods: An Interactive Workshop

Mel Ramasawmy is a qualitative health services researcher at Queen Mary University of London. Her background is in health policy, where she covered medicine and medical device safety, and social care. Her research is focused at the intersection of digital health, health inequalities, and patient experiences of access and care for long-term conditions, including cardiometabolic disease, cancer, Long Covid and depression.

Dr Rose Rickford



Heterogeneity of Depression Symptoms Among South Asian Diaspora and Cultural Validity of Depression Screening Tools: Two Scoping Reviews

Rose is a qualitative social scientist with particular methodological interest and experience in qualitative interviewing, conversation analysis, reflexive thematic analysis, and using comparative methods to develop explanatory theory. Her primary research interest is in how organisations can work better to meet diverse and changing needs. Her work to date has focussed on two different organisational settings: community organisations and primary care.

She is currently a Research Fellow in Qualitative Methods on the PAPER Study, investigating ethnic inequalities in primary mental health care.

Dr Amy Ronaldson



Depression in the Data: Insights from Linkages & Surveys

Amy is an MQ Research Fellow and Applied Statistician at the Centre for Mental Health Policy and Evaluation within the Health Service and Population Research Department, King's College London.

She joined King's College London in 2019 where she worked in the field of physical and mental multimorbidity. Currently, as part of her MQ fellowship, Amy is using routinely collected data to understand infectious disease mortality in severe mental illness. She is also involved in projects evaluating complex mental health interventions, the impact of environmental risk factors on mental health outcomes, and ethnic differences in depression and antidepressant prescribing.

Amy holds a PhD in Psychobiology from University College London. She has previously held positions at Queen Mary University of London and the University of Westminster.

Dr Yuezhou Zhang



Tracking Depression in Daily Life: Digital Phenotyping Using Smartphones and Wearables

Dr Zhang is a Research Fellow in the Department of Biostatistics and Health Informatics at King's College London. Dr Zhang received a PhD in Biostatistics and Health Informatics from King's College London and specializes in leveraging behavioural and physiological data collected from mobile and wearable devices to investigate their associations with mental health conditions, including depression, anxiety, and ADHD. His research focuses on developing innovative, data-driven methodologies to enhance the understanding of mental health disorders, with the broader goal of improving digital health interventions and personalized healthcare solutions.



**FACULTY OF HEALTH
AND MEDICAL SCIENCES**

University of Surrey
Guildford, GU2 7XH, UK

surrey.ac.uk