

Research Award:

Initial Characterisation of Difficult Asthma in the WATCH Study – Baseline Assessment.

Awarded to: Ramesh J Kurukulaaratchy **Amount:** £3,500

Lay summary

The WATCH Study has now enrolled 375 participants with the creation of a significant database repository of information about severe asthma in clinical practice. The AAIR charity award has directly supported patient recruitment and involvement into the WATCH study by ensuring that the study was universally accessible without inconveniencing patients.

One WATCH substudy of mindfulness training in asthma (MIDAS) has completed with a manuscript currently under submission. That was presented at ERS 2016 as a poster presentation alongside 2 other poster presentations at that meeting outlining a) the methodology of the WATCH study and b) the impact of the WATCH study on general recruitment to other asthma studies at Southampton.

An NIH grant has been obtained to study the epigenetics of severe asthma within the WATCH cohort. An award from Boehringer-Ingelheim has also been secured to study biomarkers for different subtypes of severe asthma.

Further conference abstracts and manuscripts are now in preparation from the WATCH study.

Presentations

ERS 2016 Conference Presentations:

- Ainsworth B, Bain E, Griffiths J, Kurukulaaratchy R, Thomas M. Exploring the relationship between psychological dysfunction and perceived symptoms in the Wessex AsThma CoHort of difficult asthma (WATCH) study.
 - Thirlwall Y, Gonzales F, Barber C, Gove K, Tariq K, Morgan A, Dennison P, Kurukulaaratchy RJ. The Wessex AsThma CoHort (WATCH) difficult asthma study; integrating research into the clinic.
 - Thirlwall Y, Gonzales F, Barber C, Gove K, Tariq K, Morgan A, Dennison P, Kurukulaaratchy RJ. The impact of the Wessex AsThma CoHort (WATCH) study on recruitment to research.
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External Awards

- NIH 2R01HL114093-06A1 – The Epigenetics of Severe Asthma.
 - Boehringer-Ingelheim – Characterisation of Severe Asthma.
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