



Press Release

Immediate Release

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Wolverhampton Psychologist Wins Researcher of the Year Award for Groundbreaking Study

A psychologist at Cygnet Hospital Wolverhampton has been recognised for outstanding research at Cygnet Health Care's Annual Psychology Awards.

Katie Roberts, a Preceptor Psychologist at the mental health hospital for men, was named Researcher of the Year in recognition of her innovative and impactful research into staff wellbeing within Psychiatric Intensive Care Units (PICUs).

The annual awards celebrate excellence, innovation and dedication across Cygnet's psychology teams and were presented by Matt Gill, Director of Psychology for the North Region, and Erica De Lange, Director of Psychology for the South Region. They praised the exceptional quality of work delivered by psychology teams across the organisation throughout 2025.

Katie's award-winning research, titled "An exploration of the relationship between perceptions of ward environment and experiences of burnout in staff working in Psychiatric Intensive Care Units", examined the relationship between workplace environments and staff burnout. The study drew on data collected from Cygnet Hospitals in Wolverhampton, Oldbury and Sherwood.

The Researcher of the Year category recognises work that demonstrates significant innovation in psychological knowledge or practice, has meaningful impact, and represents a contribution of sufficient quality to be recognised as an important development within the field. Katie's research met these criteria through its robust methodology, practical relevance and clear implications for improving staff wellbeing and service delivery.

Her work received strong commendation from external assessors at the British Psychological Society, who commented: "Katie has conducted a robust piece of research incorporating good data analysis."

Katie joined the newly opened Cygnet Hospital Wolverhampton in 2024 and has been a core member of the team establishing the service and supporting staff induction. Her research was developed in response to the rapid growth of Cygnet's PICU and Acute services and the importance of supporting staff resilience and wellbeing in challenging but rewarding environments.

Findings from the study have been shared with participating services via a research report and poster presentation, with further plans for conference presentation and publication.

Erica De Lange, Cygnet Health Care's Director of Psychology for the South Region, said: "Reading the nominations highlighting excellent clinical practice, compassion and innovation is a powerful reminder of the dedication and talent across our psychology teams.

"Katie conducted this research in a very timely and thoughtful manner, demonstrating excellent planning, coordination across sites and clear communication with stakeholders. She balanced this work alongside clinical practice and showed real passion for prioritising patient experience while supporting staff wellbeing."

Speaking about receiving the award, Katie said: "I'm genuinely so honoured and grateful. I'd like to thank everyone who supported and contributed their time to the research project. Being able to undertake this work in newly opened services was a great opportunity to focus on such an important aspect of delivering high-quality care for both the individuals within our services and the staff who support them."