**Participant Summary Information Leaflet**

**AD**ep**T** (**A**ugmented **Dep**ression **T**herapy)

**A Case Series Evaluation of ADepT for Treatment of Complex Depression**

**Introduction:**

We are testing a new treatment for adults experiencing complex depression called Augmented Depression Therapy (ADepT). Your clinical service has identified that you may be suitable to take part and that you may therefore benefit from participating in this trial. On our behalf, a member of your clinical service has sent you this leaflet to read so that you can consider taking part in the research study.

**This letter asks you to consider taking part in the research study and for your permission for the researcher to contact you.**

**What is the treatment that is being tested?**

A number of people with a diagnosis of depression find that it can be hard to experience a sense of wellbeing – that is the ability to experience positive moods, to have meaning and purpose in life, and to feel positively socially connected with the world around them. While there are psychological (talking) therapies that help people manage the symptoms of depression, there is little available to help clients build this sense of wellbeing. We have developed a therapy - the Augmented Depression Therapy (ADepT) programme - that builds on an already established psychological therapy called Cognitive Behavioural Therapy (CBT). We have adapted CBT so that it is designed to build wellbeing in addition to helping individuals reduce the symptoms of depression. We have shown in previous work that ADepT is effective in treating adult depression in Improving Access to Psychological Therapy (IAPT) settings. We now wish to see if ADepT can also be helpful for people suffering from more complex depression, which can involve individuals additionally finding it hard to manage their emotions and relationships, often in the context of having early life experiences that did not fully meet their needs. In this study we will be inviting up to 30 people with complex depression to take part in the ADepT programme, and to complete a number of different questionnaires and interviews to help us to see whether this therapy could be helpful for people with depression, and in what ways.

**What will happen to me if I take part?**

If you decide you would like to take part, a researcher and a clinician will interview you to see if you are eligible for the study and to explain it in more detail. If you are eligible and agree to take part, your treatment will start between three and eight weeks after your initial assessment (with this interval being randomly selected). You will need to be willing and able to start the treatment at this time. ADepT therapy consists of up to 15 core weekly sessions and then up to 5 booster sessions offered at any point within 1 year of completing core therapy. The treatment will be delivered by a trained therapist at the NHS AccEPT Clinic, which is located within the Mood Disorders Centre at the University of Exeter. You will also be invited to an interview after you have completed treatment to find out your views of ADepT and your experiences of taking part in the trial, if you would like to. Sessions and assessments will be delivered either face-to-face, over the telephone, or via video-conferencing, depending on your preference and whether any social distancing regulations are currently in place.

**Will my taking part in this study be kept confidential?**

In this research study we will use information from you. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study. Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the data in case we need to check it and/or for future research.   We will make sure no-one can work out who you are from the reports we write. The full information sheet tells you more about this.

**What will happen if I do not take part?**

If the study is not suitable for you or you decide not to take part, you will be signposted to support from other services. This may include other treatments available at the AccEPT clinic or referral onto other services.

**How do I find out more?**

This is a very short summary about the study, if you would like to find out more you can return the **‘Permission for Researcher to Contact’** form at the end of this summary, or contact the ADepT trial team on [adept@exeter.ac.uk](mailto:adept@exeter.ac.uk) or 01392 723493. Someone working on the study will then contact you with more information about this study and arrange a time to meet you to answer any questions that you may have.

**Thank you for reading this and for considering taking part in this study**



**‘Permission for Researcher to Contact’ Form**

***A Case Series Evaluation of ADepT (Augmented Depression Therapy) for Treatment of Complex Depression***

If you are interested in taking part in the ADepT study, please complete the form below and email a copy to [adept@exeter.ac.uk](mailto:adept@exeter.ac.uk). A member of the research team will contact you as soon as possible.

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| --- | --- | --- | --- |
| Title: |  | | |
| Name:  (BLOCK CAPITALS) |  | | |
| Date of Birth: |  | | |
| Mobile Number: |  | May we leave a voicemail message? | Y / N |
| Email Address: |  | | |
| Preferred mode of Contact (please tick): | * Email * Mobile Number | | |

*I confirm that I have read and understand the summary leaflet for the above study and I am happy for a researcher to contact me to discuss whether or not I would like to take part. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason, without my medical care or legal rights being affected. I consent to providing all the contact details above.*

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| --- | --- | --- | --- |
| Signature: |  | Date: |  |