

# Tavistock Adult Depression Study



Information for patients interested in being part of the study

You are being invited to take part in a research study. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Thank you for reading this.

### What is the purpose of the study?

We are conducting a research study at the Tavistock and Portman NHS Foundation Trust to find out if psychotherapy may be helpful for people with long-term depression. It is common for people to



suffer from depression at some point in their life. However, for some people, depression may last for a long time, possibly more than 2 years. Such people may find anti-depressants or short term counselling helpful but others do not. For people who do not find anti-depressants or short term counselling helpful, we want to find out if longer-term individual psychotherapy treatment can be helpful.

### Why have I been chosen?

You have been chosen to take part as your GP has told us that you have had depression for at least two years and have not found previous treatments helpful. In total, 130 patients will take part in this study.



## Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time and without giving a reason. A decision to withdraw at any time, or a decision not to take part, will not affect the care you receive at the Trust or any other services.

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

### At the beginning

If you agree to take part in this study you would come to the Trust for 3 appointments at first.

In the first two appointments you would fill in some questionnaires and talk to an assistant psychologist about how you are, what sort of problems and difficulties you have been having, how long you have had them for and what problems you have had in the past. Appointments each last about 1 hour.

In the 3<sup>rd</sup> appointment (which is sometimes a bit longer than an hour) you would talk to a clinical psychologist about your family and relationships.



The clinical psychologist will then tell you whether you will have psychotherapy or not. You cannot choose whether you receive psychotherapy or not as it is allocated randomly by a computer. The computer has no information about you so the decision is made by chance. The chances of receiving psychotherapy is 50% i.e. half of patients taking part will receive psychotherapy, half will not. The reason for this is that because we do not know if the treatment is helpful or not, we need to compare a group of people who have the treatment with a group who do not.

## The 18 Month Period

Whether you are allocated to the group receiving psychotherapy or not, you would then come to the Trust to talk to the assistant psychologist to talk about how you are and complete some questionnaires every 3 months for 18 months.

If you are allocated to receive psychotherapy you will come to the Trust every week for 18 months to have treatment with a senior psychotherapist.

## The Follow up Period (2 years)

Whether you have received psychotherapy or not for 18 months, you would continue to come to the Trust to meet the assistant psychologist every 6 months for 2 years. This means that if you decide to participate, you will be involved in the study for a total of 3 ½ years. During this period, we will invite you to attend an additional interview. Its purpose is to gather information about your experience of being in the therapy and the research.

## Can I still take my medication?

If you participate in the study, you should continue to take any medication prescribed by your doctor. You may also go for any other treatments, hospital services or voluntary services that you or your GP thinks will be helpful for you. When you come for your appointments with the assistant psychologist, you will be asked to fill in a form to tell us about any other treatments you have been having.

We may also look at your GP records to get an account of the services you have needed when you have been depressed, but we would ask your permission to do this first.

## What is psychotherapy?

Psychotherapy involves talking, listening, and thinking with a therapist about the problems and difficulties which have led you to seek help. The aim is to help you understand more about your experience of life and how this has contributed to the way you think about yourself and relate to other people. Your therapist

will expect you to attend appointments every week, but they will tell you in advance about any breaks you will have such as Easter, Christmas and summer breaks.

We hope that the treatment will help you. However, this cannot be guaranteed. The information we get from this study may help us to treat future patients with long term depression.

### What if something goes wrong?

Psychotherapy is a 'talking treatment' and as such there are no physical risks to you in taking part. However, if you do feel you have been harmed in any way by taking part in this research project, then the Tavistock & Portman NHS Foundation Trust acts as the sponsor for the research. This means that if you are harmed due to someone's negligence, then you may have grounds for a legal action but you may have to pay for it.

Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of this study, the normal National Health Service complaints mechanisms are available to you. Please visit [www.taviport.org/complaints](http://www.taviport.org/complaints) for more information.

### Can I have my travel expenses paid?

You may be able to have your travel expenses refunded if you receive benefits or are on a low income. You would need to bring receipts with you to claim your refund. Please ask the receptionist at the Tavistock Centre for information about the Tavistock & Portman NHS Foundation Trust Travel Cost Refund Scheme.



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

Yes. All the research information collected during the study will be kept confidential and in accordance with the Data Protection Act 1998. We will ask for your permission to record all sessions for research and training purposes. The recordings and all other information will be stored without names or addresses, using a code known only to the research team. Any information about you which leaves the Trust will have your name and address removed so that you cannot be recognised from it.

However, if you consent to take part in the research, your GP will be notified from time to time about your continued participation in the study. If you are also being treated by another professional (e.g. psychiatrist, counsellor, psychologist) they will be notified about your participation.

If you receive treatment with a therapist, your therapist will send regular reports to your doctor about your treatment. If you do not wish your therapist to contact your doctor, please discuss this with your therapist.

### What will happen to the results of the research study?

As this is an important study that will provide a lot of new knowledge about the nature of long term depression and the effects of psychotherapy, the results will be published in scientific journals and books. However, no individual will be able to be identified by the results that are published. Copies of publications can be obtained at the end of the study from the project organisers.

### Who is organising and funding the research?

The research is organised and funded by the Tavistock & Portman NHS Foundation Trust.

### Who has reviewed the study?

The study has been reviewed by ethics committees in all areas in London where there are participating GP surgeries.

Thank you for your time. If you are interested in participating in this project or have any questions, please talk to your doctor or contact any member of the TADS team on 020 8938 2038/2023.

### Contact Details

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