What will happen in the study?

If the person is suitable they will be randomly allocated to receive either:

Combined individual and family Cognitive Behavioural Therapy (CBT) plus treatment as usual

People will be offered up to 25 sessions of one-to-one CBT alongside 4-6 sessions of CBT **with** nominated family members/family support members

Treatment as usual & monitoring (control group)

People will receive standard treatment. This way, no one will be deprived of any resources that would otherwise be available if they had not taken part in the study.

All participants will be asked to meet with the research assistant for two follow-up appointments. These will be planned for 6 months and 12 months after the initial appointment. People will be compensated £20 at the end of the initial assessment and at both follow-up appointments (£60 in total). We will keep you updated about the people you refer.

Contact Us

If you have any questions or want to make a referral, please contact us at:

Heather Law
(Trial Manager)
0161 358 1402
Heather.law@gmw.nhs.uk

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IRAS 199341

Greater Manchester West Mental Health NHS Foundation Trust

Individual & Family Cognitive Behavioural Therapy

Information for Referrers

- **Do you know someone aged 16-35 who may be at risk of developing psychosis?**
- **Could they benefit from combined individual and family therapy?**

If you answered YES, then you might know someone who would be interested in our new research study…

The IF-CBT study is funded by the National Institute for Health Research's Research for Patient Benefit Programme (RfPB)

What is the study about?

This study (called the IF-CBT study) aims to look at whether combined individual and family cognitive behavioural therapy (CBT) is beneficial for people, who are at risk of developing psychosis. Individuals may be considered at risk of developing psychosis if they experience some the following:

- Feeling paranoid or suspicious of people or in certain situations
- Noticing that things and places seem strange or unreal
- Being worried about unusual ideas or thoughts
- Seeing or hearing things that others cannot
- Having thoughts which seem faster or slower than usual
- Feeling anxious, irritable, or depressed
- Sleeping too much or too little
- Struggling to cope at school, college or work
- Having difficulty concentrating and being easily distracted
- Feeling uncomfortable and nervous around friends or family – spending more time alone

What will happen if I make a referral?

We will ask you to get verbal consent from the person to allow us to make contact with them and we will ask you for some basic contact details. We will then contact the person and invite them to attend an initial assessment with a member of our research team to explain more about the study, answer any questions and check whether the person still wants to take part. We will then complete our assessment to determine the individual's suitability for inclusion in the study.

Do you know someone who might want to take part?

We will do a structured assessment with participants as part of the study. Participants will have an at risk mental state (ARMS) assessment as operationalised by the Comprehensive Assessment of At Risk Mental States (CAARMS).

Inclusion Criteria

- Aged 16-35
- **Screen positive on the CAARMS for an At Risk Mental State (we will do this assessment)**
- Be living (or in regular contact) with a family member or family support member.

Exclusion Criteria

- Current or previous receipt of antipsychotic drugs,
- Moderate to severe learning disability,
- Organic impairment
- Insufficient fluency in English.
- Significant risk to self or others

Any person who you think may fit these criteria may be referred to the trial. If you are unsure, please do contact us (see back page for contact details).