

What are the benefits of taking part in research?

Research is important to help to establish the best possible interventions for people experiencing difficulties. Even if you are not randomly allocated to therapy, our feedback suggests that participants feel good about being part of something that could help provide more options for individuals in the future.

As a brief intervention, attention training could provide many advantages in relation to reducing costs, minimising waiting lists and helping people to achieve their recovery sooner.

In order to compensate you for your time we will offer you £10 at each assessment point (i.e. at initial assessment on entry to the study, at eight weeks and again at twelve week follow-up) totalling £30.

How can I find out more?

If you would like more information, we are more than happy for you to contact a member of the research team.

To discuss taking part in this study please contact:

Rachel Sellers (Assistant Psychologist) on 0161 358 1395/
07798852289

Heather Law (Trial Manager) on 0161 358 1395 / 07891755703

Sophie Parker (Senior Clinical Psychologist) on 0161 358 1395/
07767755790

Please note that if you decide to take part we will need to inform your care provider (e.g., GP, Care Coordinator, Psychiatrist).



IACOT

Investigating Attention Control Training in Psychosis

Do you have a **diagnosis of psychosis** such as **Schizophrenia**, and continue to experience **auditory hallucinations** or **troubling beliefs**?

The IACT trial are looking for individual's to take part in a randomised controlled trial looking at the **beneficial effects of Attention Training** as a **brief intervention** to **improve control over your attention** and reduce anxiety, worry, or distress associated with auditory hallucinations and troubling beliefs.

What is this research about?

The IACT study is a pilot research trial looking at whether a **brief intervention** called **Attention Training** is helpful for people that experience auditory hallucinations or have troubling beliefs.

How do your experiences affect you?

For some people that experience voices or have beliefs that others do not seem to share or agree with, this can cause worry, distress or anxiety. Attention Training aims to help you to re-focus your attention through a brief training intervention, and can help to reduce the impact that these experiences can have on your life.

What is Attention Training?

Attention Training is a **brief** and **non-intrusive** intervention. During the sessions, it is not necessary for you to talk about your past experiences with the therapist.

Attention training assumes that our experiences are maintained by patterns of thinking that dwell on symptoms, traumas and social problems. It works by increasing your level of mental flexibility through a process of selective attendance to different sounds. During each half hour session, you are guided by a trained therapist to attend to different sounds within the environment in a process lasting just twelve minutes.

In many ways, attention training can be likened to mental fitness training. Just like a muscle, mental control can strengthen and build resistance over time. It can therefore help you to control and react flexibly to unhelpful patterns of thinking that can serve to maintain symptoms.

What will happen if I choose to take part?

If you are interested in taking part, one of our research assistants will discuss the trial in further detail with you. We will provide you with enough information to make an informed decision and answer any questions that you might have. We would also need to talk to your care coordinator or doctor to make sure that you are suitable.

Following this, we will make an appointment with you to carry out the initial assessments. This will involve an interview with one of our research assistants and completing some short self-report questionnaires. After completing the assessments, you will be randomly allocated to one of two trial arms:

Your usual treatment + Attention Training

People in this treatment arm are offered the Attention Training intervention. The intervention is spread across approximately **eight sessions**, each one lasting for just **half an hour**. This will typically take place **once a week** in a location that is convenient for you.

In addition, a research assistant will meet with you twice during the next three months for follow-up appointments.

Your usual treatment

People in this group will receive their usual treatment.

A research assistant will meet with you twice during the next three months for an assessment and a follow-up appointment.

Many people have told us that they find these appointments quite helpful as it gives them some idea of how they are progressing.

You can leave the study at any point if you change your mind and this will not affect your usual care in anyway.