

How will Family Members/Family Support Members be involved?

You will be invited to meet with one of our researchers to complete some questionnaires about **your** activities, mood, and use of health services. This will take between 30-40 minutes. In order to compensate you for this, you will be reimbursed £10 at the initial assessment and also at the 6 month and 12 month follow up assessments (£30 in total).

If your family member/the person you care for is allocated to receive individual and family cognitive behaviour therapy (CBT) then family members/family support members will be asked to take part in 4-6 sessions of family CBT over a 6 month period.

You may also be asked to take part in a qualitative study, which uses interviews to better understand an individual's own experiences. Even if you take part in the main study you don't have to take part in the qualitative study. The interview will last up to an hour and you will be compensated £10 for the interview if you decide to take part.

If you change your mind at any point you can leave the study.

Contact Us

If you have any questions and would like to know more about the study, or if you know someone who might want to take part, please get in touch with our research team using the details below:

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Greater Manchester West 
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if Individual & Family Cognitive Behavioural Therapy

Information for family members/family support members

- ✦ Do you know someone who has experienced changes to the way that they think or feel?
- ✦ Have they had any unusual experiences that have worried you?
- ✦ Are they aged 16-35?
- ✦ Are you currently living (or in regular contact) with them?

If you answered "yes" to the questions above, you may know someone who would be interested in taking part 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 at risk of developing psychosis. Individuals may be considered at risk of developing psychosis if they experience some of 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 or 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 they decide to take part?

We will meet with your family member to discuss the study and check that it is right for them. If the study is right for them, we will send them some more detailed information and give them time to think about whether they would want to take part.

If they decide to take part, we will ask to meet up with them again to complete some questions about their experiences, mood and interactions with others. We will also ask them to nominate a family member/ supported family member who they would like to be involved.

Following this appointment, 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 not taking part in the study.