What will happen during the research?

You will be invited to meet with one of our researchers to complete some questionnaires about your experiences, mood, activities and use of health services. This appointment will take between 1-1.5 hours and you will be able to take breaks or complete the assessment over two visits if preferred.

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 your initial appointment. You will be compensated £20 at the end of the initial assessment and at both follow-up appointments (£60 in total).

Some people in the study will 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. This will NOT affect the usual care you receive

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:

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

Emma Izon
(Research Assistant)
0161 358 2140
07584 217 270
Emma.izon@gmw.nhs.uk

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(Chief Investigator)
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IRAS 199341

Greater Manchester West Mental Health NHS Foundation Trust

Individual & Family Cognitive Behavioural Therapy

- **Have you experienced changes to the way you think and feel?**
- **Have you had any unusual experiences that have worried you?**
- **Are you aged 16-35?**
- **Do you live (or have regular contact) with a family member or family support member?**

If you answered "yes" then you might 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 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, 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 choose to take part?

We will meet with you to discuss the study and check that it is right for you. If the study is right for you we will send you some more detailed information and give you time to think about whether you would like to take part.

If you decide that you want to take part, we will check that you're happy for us to speak to your GP about your involvement in the study. We will also ask to meet up with you again to complete some questions about your experiences, mood and interactions with others.

Following this appointment, you will be randomly allocated to receive either: