

## Community-based Behavioural Activation Training (ComBAT) for Depression in Adolescents: Randomised Controlled Trial (RCT)

### Participant Information Sheet: Young Person (Brief Version)

#### Can Behavioural Activation (BA) help young people with low mood?

We are looking for young people to join in a research study

The research is looking at different therapies to help young people experiencing low mood.

Before you decide if you want to join in, we want to tell you a bit more about what we are doing.

Please read this leaflet carefully. You can talk to your family, friends, teachers if you want to.

#### What is this study?

Everybody feels sad at times but for some people this can be really bad and make lots of parts of life very hard. This is sometimes called 'low mood' or 'depression'. Lots of young people will experience low mood and it might make them feel sad and not want to take part in activities they usually enjoy. A type of therapy which tries to make people experiencing low mood feel better by taking part in activities is called Behavioural Activation (BA). We have developed a new version of BA and would like to see if it works as well as other treatments usually offered to young people.



#### Why have I been asked to take part?

We have asked you to take part because you are aged between 12 and 18 years and experiencing low mood. We are hoping that around 250 young people will take part in the research.

#### What is BA like?

Our BA is:

- ★ For 12 to 18 years olds experiencing low mood.
- ★ About helping young people to pick and take part in activities they enjoy to help them to feel better.
- ★ About helping young people learn how to cope with stress and deal with problems.
- ★ Made up of up to 8 sessions and lasting 30 to 40 minutes.
- ★ Run by a professional who has been trained.
- ★ Available to do in lots of places like NHS services (e.g CAMHS), schools and other community-based settings.



## What will the treatment I receive be like?

To see if our BA is helpful, we would like to compare this to other support that is usually offered to young people. If you choose to take part, you will either receive BA or the support that the service you belong to usually offers (e.g. another type of therapy, signposting elsewhere, etc).

## Do I have to take part?



No, it is up to you. If you decide to take part and then change your mind that is fine, you can stop whenever you want. We will ask you about your experience, but you do not have to tell us why you want to stop.

## What will happen if I take part?

The person who told you about the research will give you some questions to fill in about your mood. This will help us to see if we think taking part in the study might help you.



If we think taking part in the study might help you, a person from the research team will meet with you and your parent /guardian (depending on your age) or talk to you on the phone.



You will be asked to fill in a form to say you are happy to take part. Depending on your age, we may ask your parent/guardian to complete one too.



You will meet with a researcher for a baseline appointment. They will ask you some questions about yourself (e.g. how old you are) and about your low mood. This should take around 60 minutes.



A computer will decide randomly which treatment you will receive. The researcher will contact you to let you know. This will either be usual care or BA.



You will receive either BA or usual care to help you with your low mood.



6 months after your first visit with the researcher, you will meet with them again to see how things have been and answer the same questions. You might also take part in a short interview (if you are happy to do so).



12 months after your first visit with the researcher you will meet with them again to see how things have been and answer the same questions,

## What are the risks of taking part?

We do not know of any risks of BA or of the usual care that you may be offered. However, you might find that you feel down when taking part in the research or notice that your symptoms have got worse. If this happens, please tell somebody straightaway like a parent, friend or professional. The professional who provides support during the research will be able to offer you some help if you need it. It might be that they think you need some extra support as well as BA or usual care, or they might decide that you should stop taking part in the study. If this happens, they will talk to you (and depending on your age, a parent/guardian as well). If the research team or the professional who provides support during the research felt that you no longer had capacity to take part in the study at any point, you would be withdrawn. However, any data already collected would be kept.

### **Are there any advantages or disadvantages of taking part?**

If you choose to take part in the study, you will need to receive the support that you will have been provided with. You will also need to complete the questionnaires with the researcher and maybe attend an interview if you are happy to do so. We cannot be sure that BA or the usual care will work. However, we hope you will find it helpful with your low mood.



### **Is the study private?**

Yes! Any information you give us will be kept private. We will not use your name in anything that we write about the research. Once we have all of the results they will be published in a medical magazine, but you will not be mentioned at all anywhere. If you tell us that you would like to know what we find in the research, we will send you a summary of the results when we have finished. All of the information we collect during the study will be kept very safely.

### **Who is conducting the research?**

Researchers based in the Department of Health Sciences at the University of York are conducting this work in partnership with Tees, Esk and Wear Valleys NHS Foundation Trust who are the sponsor for the study. Professionals based in both organisations will be responsible for running the study.



### **Who is organising and paying for the research?**

This research is part of a 5-year research project that has been organised by The Department of Health Sciences at the University of York and the NHS. It has been paid for by a special research grant from the National Institute for Health Research (NIHR).

### **Who can I contact if I want to learn more about this research?**

If you have any questions about the study, you can talk to the person who gave you this leaflet. This might be a person in school or within NHS services (e.g. CAMHS). You can also talk to this person if you are worried about the study. If you would like to talk to a member of the ComBAT study team please contact Dr Lucy Tindall (lead researcher), email: [lucy.tindall@york.ac.uk](mailto:lucy.tindall@york.ac.uk) or the ComBAT research team, email: [combat-project@york.ac.uk](mailto:combat-project@york.ac.uk).

**Thank you for reading this. If you have any questions, please ask.**

