



## Newsletter: September 2024

### What have we been up to?

- We finish recruitment on 31st October! We need to recruit 41 young people to reach our target. Your help would be greatly appreciated as we work together to meet our goal and get as many young people involved in research as we can! See 'Recruitment Update' for our full update.
- Our new sites are settling in well and we are really enjoying working with you. See our 'Site Spotlight' for updates on sites and our ethnography study.
- We have 3 strategies in place to help you with recruitment! See 'We need your help' section below for more information.
- We have been delivering workshops to young people about low mood and behavioural activation in colleges. See our 'News' section for more details!
- We have been speaking to young people about their experiences of using the behavioural activation digital tool. See our 'News' section for more details!

#### Recruitment update!

Recruited: 196  
6 month follow-ups: 106  
12 month follow-ups: 56  
Qualitative interviews: 32  
Left to recruit: 41



*Scan Me!*

Remember to contact Emily & Kelly with potential participants!

#### We need your help!

We are finishing recruitment in OCTOBER!

Put your ComBAT posters up where young people can see them! Young people can self-refer via our QR code below.

Let us know about any staff meetings we can attend to talk about ComBAT.

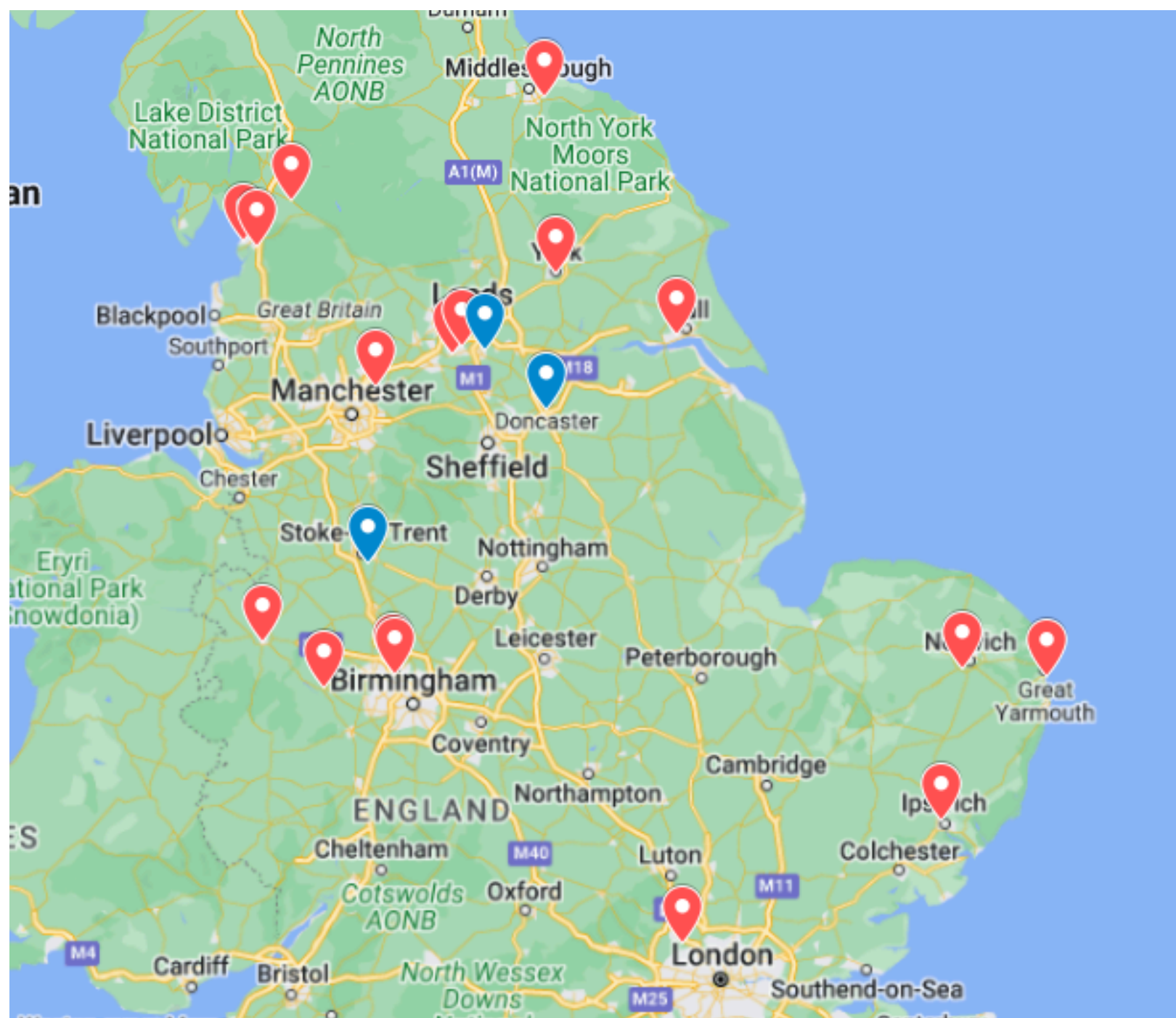
Let us know about any newsletters or student communications we can contribute to.

Remember to keep referring young people to ComBAT by contacting [e.hayward@york.ac.uk](mailto:e.hayward@york.ac.uk) and [kelly.hollingsworth@york.ac.uk](mailto:kelly.hollingsworth@york.ac.uk)

# Site Spotlight

Well done to all of our sites who have been working so hard to:

- Train professionals in delivering behavioural activation
- Recruit young people into ComBAT
- Submit session logs & paperwork



Your hard work is really paying off and contributing to our final target of 236 young people!

As part of the ComBAT programme of research, we are completing a piece of ethnography which focuses on how Behavioural Activation is embedded into different sites. As part of this we are completing routine visits and we would love to come and visit your sites as this will enhance our findings.

This visit will involve Matt & Susan spending a day in your sites which could tie in to any supervision or refresher training you may need. This would include:

- Discussion with ComBAT trained professionals about how they have found delivering the intervention. To explore and reflect on what has been helpful and if there have been any barriers.
- Join a Behavioural Activation and/or a Treatment as Usual session to help gather some findings and observe fidelity to the intervention and how it is delivered within different sites.
- During the visit we can bring any further materials you may need, such as training manuals, Dictaphones and posters.

**Susan and Matt will be getting in touch with you about this, or you can contact them here if you have any questions: [susan.moore23@nhs.net](mailto:susan.moore23@nhs.net) and [matthew.o'brien2@nhs.net](mailto:matthew.o'brien2@nhs.net)**

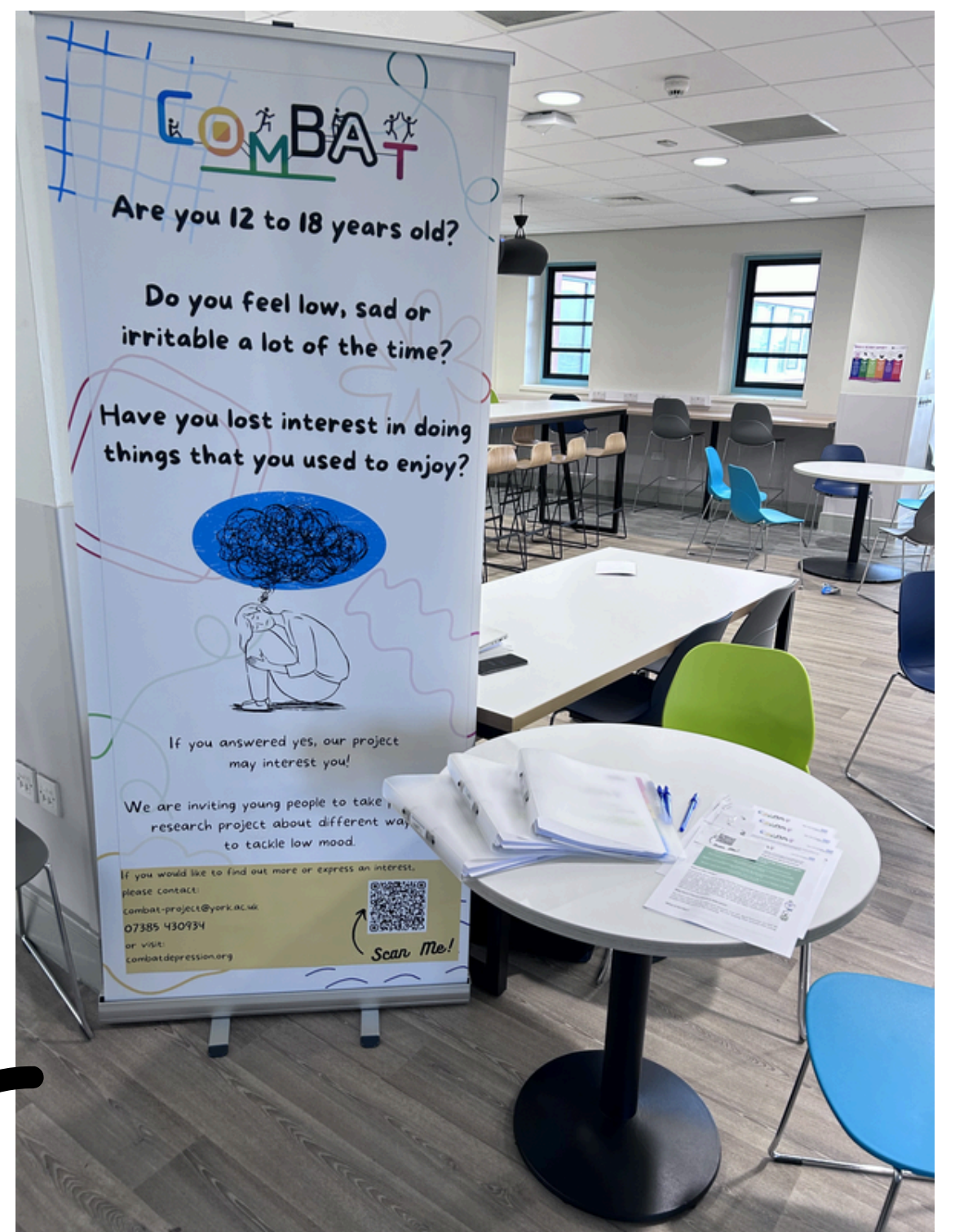
**Ethnography update**



# News

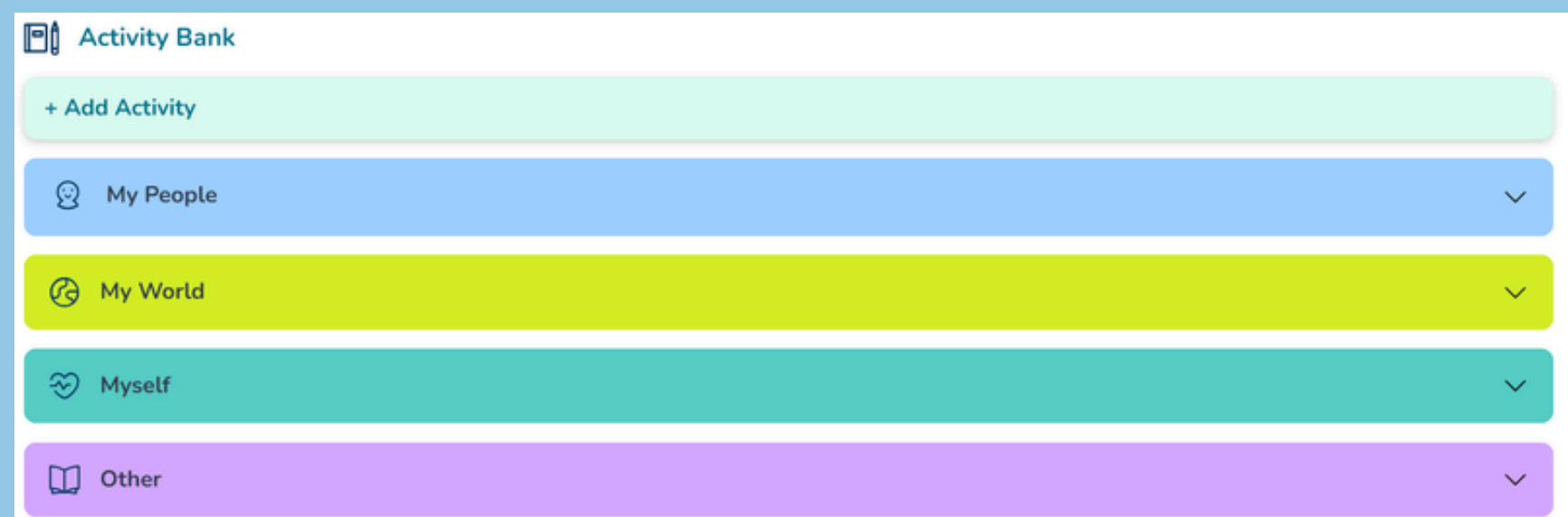
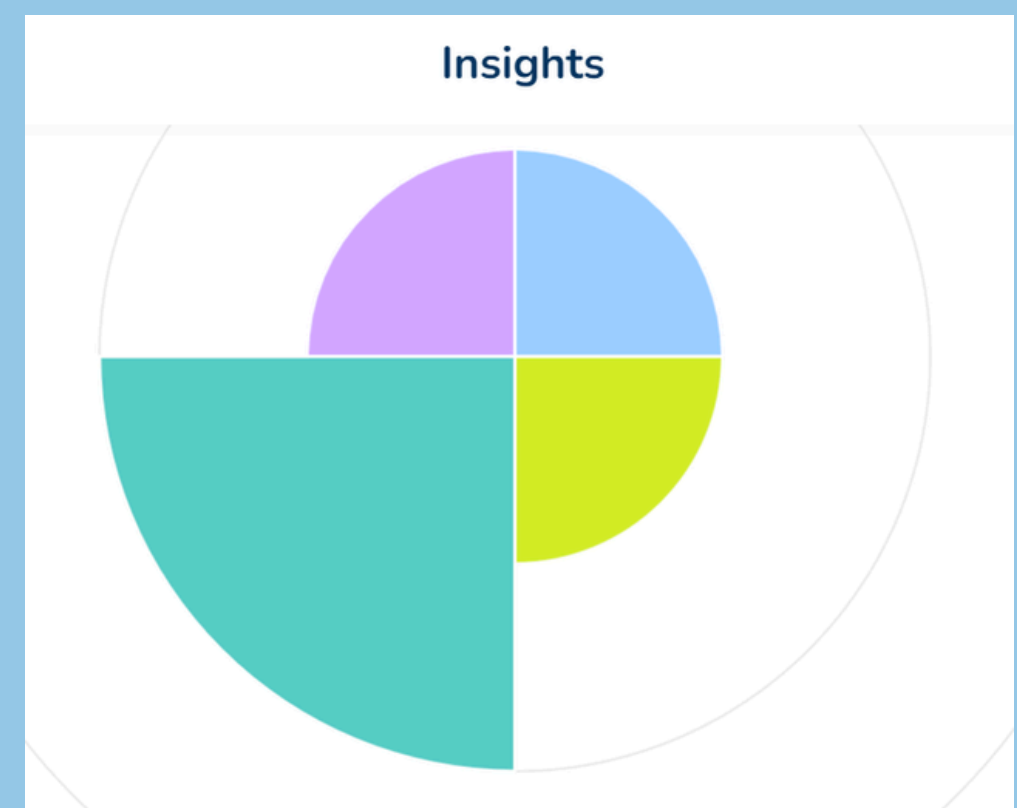
Members of the ComBAT Team have been invited to deliver several workshops in collaboration with the York College wellbeing team.

Students learned about the signs/symptoms of low mood, how research works, and participated in a randomisation activity where they got to taste different brands of chocolate! The sessions have provided an excellent opportunity to raise awareness of the signs and symptoms of low mood and inform the students how they can get involved in the research.



## Digital Study

- We have developed a website that can be used to support the delivery of behavioural activation. Some of our participants have been testing this tool and providing us with some feedback.
- Matt and Susan have been meeting with young people to introduce the tool, before the young person is given the opportunity to use it independently to track their activities and rate their mood.
- We are applying for further funding to develop and test this tool, and we are using the feedback from young people to support our application.



Thank you for reading our newsletter and for supporting the ComBAT trial. We couldn't do it without you!