



Newsletter: November 2024

What have we been up to?

- We finish recruitment on Friday 29th November! See 'Recruitment Update' for our full update.
- See our 'Site Spotlight' for your updates and what you can get involved with next.
- The team have been visiting local sites to speak with staff and young people about the trial and Behavioural Activation. See our 'News' section for more details.
- We have been thinking about future research for Behavioural Activation that we could do. See our 'News' section for more details.

Recruitment update!

Recruited: 230
6 month follow-ups: 129
12 month follow-ups: 65
Qualitative interviews: 42
Left to recruit: 6

We are nearly there!

We couldn't have done it without you...

As we approach the end of recruitment, we would like to thank everyone for their involvement in ComBAT.

Thank you for your support with referring young people into the study. Recruitment to the study is open until the **end of November 2024**. The team will work hard to contact any young people who have been referred ahead of this. We would encourage you to inform potential participants of this deadline and to anticipate contact from the research team so that they don't miss out on the opportunity to take part.

We have enjoyed delivering training and working with you to recruit young people into the trial.

Site Spotlight

As we come to the end of recruitment, please make sure to continue:

- Letting us know which professional has been allocated to a young person when they have been randomised.
- Completing online submission of Behavioural Activation and Usual Care session logs.
- Letting us know when a young person has completed their support.
- Keeping us updated with any withdrawals or adverse events.
- Contact emma.standley@york.ac.uk and laura.wiley@york.ac.uk for any questions about this.



What's next?


Follow-ups


- Young people who are participating will continue to complete 6 and 12-month follow-up appointments with Emily and Kelly.
- The final 12-month follow-up appointments for the research are due to take place in November 2025. Following this the team will begin to analyse the data that has been collected.

Qualitative Interviews

- We would like to hear from you about your experiences of delivering support for low mood as part of ComBAT.
- This will involve a conversation with Emily or Kelly for approximately 1 hour, either face to face or online (location-dependent).
- This will be extremely useful for understanding your experiences of delivering support and recommendations of how to improve this for the future.
- We will contact professionals to ask if they would like to express an interest in taking part.

Behavioural Activation training

- We will be offering some additional training in Behavioural Activation for professionals that have been delivering Usual Care.
 - We will be in touch to arrange this early next year.
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Members of the ComBAT team were invited to York College for their Mental Health Awareness Week in October 2024. The team joined other services and charities within the area who provide mental health support for young people within the York area.

Students were given the opportunity to take part in a mini research study where they had the opportunity to taste different types of chocolate, this was decided randomly like in ComBAT and other research studies.

Attending the college has 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.



Our plans for future research

ComBAT Digital tool

- We are in the process of developing a bespoke digital tool that can be used to support the delivery of Behavioural Activation.
- 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.

Behavioural Activation for Boys

- Feedback and recruitment statistics to date have demonstrated that approximately 1/3 of ComBAT participants are male. This mirrors the national picture whereby young men have been reported to be amongst the least likely to access mental health support.
- Therefore, several members of the ComBAT team have started to work on the development of a single session intervention for male adolescent mental health. Using the ComBAT Massive Open Online Course (MOOC) as a basis, we are hoping to develop a tool that can be delivered to young males aged 13 to 17 years within school settings to support the promotion of mental wellbeing. Like in ComBAT, the intervention will teach young people the key principles of Behavioural Activation.
- With some funding from Tees, Esk and Wear Valleys NHS Foundation Trust we are in the process of setting up some workshops with both young people and professionals to inform the initial development of this intervention.

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

