



# Newsletter: December 2024

## What have we been up to?

- **We have now finished recruitment!** See 'Recruitment Update' for our full update.
- See our 'Site Spotlight' for your updates and what you can get involved with next.
- We have been thinking about future research for Behavioural Activation that we could do. See our 'News' section for more details.
- Just to keep everyone informed, the University will be closed from Monday 23rd December and will be opening again on Thursday 2nd January. Matt and Susan will be around during this time for any queries or supervision.



### Recruitment update!

**Recruited: 261**  
**6-month Follow-ups: 139**  
**12-month Follow-ups: 72**  
**Qualitative Interviews: 45**

**We did it!**

**We couldn't have done it without you!**

Recruitment to ComBAT finished on Friday 29th November. We recruited 261 participants, 25 above our target!

We would like to give everyone a huge thank you for your hard work and support with identifying young people to take part in ComBAT.

Please ensure that you have removed all ComBAT posters and are no longer sharing information about the study with young people and their families.


For all young people that are still actively participating, please continue with their support (either Behavioural Activation or Usual Care) and in completing session logs and audio recordings.



# Site Spotlight

## Audio Recordings & Live Observations

- As part of the study, we have asked you to record Behavioural Activation and Usual Care sessions (with the young person's permission).
- We need to gather more recordings by the end of January and will be in touch to provide some more information.
- Please get in touch if you have audio recordings to share with us: [emma.standley@york.ac.uk](mailto:emma.standley@york.ac.uk) and [laura.wiley@york.ac.uk](mailto:laura.wiley@york.ac.uk)
- Alternatively, Susan and Matt can come to your site and observe one of your sessions if audio recordings are not possible, or if the young person would prefer.



**Please submit any outstanding session logs by 6th January to ensure they are included in the next financial quarter!**

## Now that recruitment is complete...

- We will be in touch with each site individually regarding your next steps in the New Year.
- We will be in touch for any outstanding paperwork and to start collecting ComBAT-related resources.
- See below for some of the things happening in 2025.

## 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 December 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.
- Emily and Kelly will contact professionals to ask if they would like to express an interest in taking part.



# News



## 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 have applied for further funding to develop and test this tool, and have used the feedback from young people to support our application. We will find out if we were successful in January 2025.

### Behavioural Activation for Boys

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.

MERRY  
CHRISTMAS

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



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