



# Newsletter: February 2025

## What have we been up to?

- We have now finished recruitment and are continuing with research follow-ups. See 'Recruitment Update' for our full update.
- We know that young people are still receiving Behavioural Activation or Usual Care. See below for how we can continue to support with this.
- We'd like to hear from you! See our 'Site Spotlight' for your updates and what you can get involved with next.
- We want to understand how support delivery is going in your site. See our final page for how to help us!

### Recruitment update!

**Recruited: 261**  
**6-month Follow-ups: 152**  
**12-month Follow-ups: 86**  
**Qualitative Interviews: 47**

### We are here to help!

We just wanted to make you aware that despite the end of recruitment, there are still multiple sites actively supporting their young people with Behavioural Activation.

We are very much business as usual when it comes to providing support to professionals including offering clinical supervision and our professional forum

Research indicates that young people accessing a psychological therapy such as Behavioural Activation tend to benefit more from the intervention when the practitioner is accessing clinical supervision.

Likewise our forum is available on a monthly basis, offering space to ask/discuss anything ComBAT related in an informal and supportive group setting. If you would like to access clinical supervision or require the link to the forum again, please just drop us an email. **We are really happy to support you.**



# Site Spotlight



## We want to hear from you!

We'd like to speak to 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 30 to 45 minutes, 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 are in the process of contacting those who have finished delivering therapies. If you haven't yet heard from them but would like to express an interest in taking part please drop them an email.

## Now that recruitment is complete...



We will be in touch with each site individually regarding your next steps. Some sites may have already received an email from us, please make sure to take a look at our actions together moving forward.

## Follow-ups

Young people who are still 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.

## Paperwork for session delivery

Over the coming weeks, we will be double checking all our paperwork. Please make sure to:

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

## Audio Recordings & Live Observations

As part of the study, where possible, we have asked you to audio record Behavioural Activation and Usual Care sessions (with the young person's permission).

The audio recordings enable us to understand how support is delivered in different settings and so they are really important to the research. If you need any support in audio recording sessions, require a dictaphone or have audio recordings to share with us please contact: [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.



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

