



# Newsletter: June 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 would like to offer further training in ComBAT Behavioural Activation. See 'Further training opportunity!' for more information.
- We would like to hear from you! See our 'What's next?' section and what you can still do to help with the ComBAT study.
- We want to understand how support delivery is going in your site. See our 'What's next' section for how you can help!
- See our 'News' section for updates on future research and vote for our new social media!

### Recruitment update!

Recruited: 261

6-month Follow-ups: 195

12-month Follow-ups: 134

Qualitative Interviews: 47



### Further training opportunity!

We are aware that for the research not all professionals were able to be trained in our intervention due to being Usual Care Practitioners.

Our ComBAT clinician Susan has been contacting all of our sites to offer further training in ComBAT Behavioural Activation for those professionals who previously were not able to attend training. The ComBAT team will be in touch again shortly to organise a training day for you.

# What's next?

## 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 can come to your site and observe one of your sessions if audio recordings are not possible, or if the young person would prefer.

**Now that recruitment is completed and support has been delivered, we are working hard to collect all outstanding paperwork. Once you have finished working with a young person we would be really grateful if you could do the following (if you haven't already done so).....**

- Complete the online Professionals' Demographics Form (see below)
- Complete the online Behavioural Activation and Usual Care Session Logs (see below)
- Let us know when a young person has completed their support
- Send through your Communication Logs (see below)
- Keep us updated with any withdrawals or adverse events

## Professionals' Demographics Form

We would like to know the demographics of the professionals who are delivering support for young people in the ComBAT trial. If you have delivered support and have not filled in this online form yet, please do so here: [https://york.qualtrics.com/jfe/form/SV\\_2aR5AVNZVmcaKPs](https://york.qualtrics.com/jfe/form/SV_2aR5AVNZVmcaKPs)

## Session Logs

Please complete the below online form for every Behavioural Activation or Usual Care session that has been completed with a young person who is taking part in the ComBAT study.

Behavioural Activation: [https://york.qualtrics.com/jfe/form/SV\\_5mB5oU3kRNdAoR0](https://york.qualtrics.com/jfe/form/SV_5mB5oU3kRNdAoR0)

Usual Care: [https://york.qualtrics.com/jfe/form/SV\\_cZK1sQkco4KhNvE](https://york.qualtrics.com/jfe/form/SV_cZK1sQkco4KhNvE)

## Communication Logs

Please complete a communication log for each participant you work with. This should detail any communication you have with the young person outside of delivering a session. This is helpful for us to understand the time and context around each session delivery. When you are ready to send this through 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)



# News



## ComBAT Digital

We have now consented all the 15 young people we hoped to take part in our feasibility study of our digital tool to support young people's engagement in ComBAT. We have been interviewing them about how they got on and are looking forward to analysing the results which we will of course share with you in time!

## Behavioural Activation for boys

Our MIGHTY intervention, which is derived from ComBAT but specifically tailored for adolescent men aged 13-17, is really starting to take shape. Building on the findings from our co-production workshops with young men and professionals, our two fantastic designers have been busy crafting this brief self-guided online intervention with bespoke animations and character avatars really bringing it alive.

## Looking for parents/guardians to join our Expert Reference Group

We are looking for some new members to join our Expert Reference Group (our ERG) of parents and guardians of young people who have experienced persistent low mood/depression. Our parents and guardians ERG sits alongside our young people and professionals groups. Together they advise us on all the key aspects of the ComBAT study, ensuring that what we do is shaped by the expertise of those who have first-hand experience of living with and/or supporting those living with depression. The group meets 2-3 times a year and vouchers are offered to those who join the meetings as a thank you. At this stage in the project we are particularly looking for help in reviewing our findings and in deciding how best to promote these in schools, healthcare settings and to the wider public. Do you know any parents/guardians who might be interested in joining? If so, please get in touch with us at [combat-project@york.ac.uk](mailto:combat-project@york.ac.uk).

## Social media

We currently have a presence on X where we share updates about the trial, our research findings and updates about future research opportunities. We are exploring ways of reaching new audiences through other platforms such as Bluesky and LinkedIn. Let us know where you'd like to see our updates here!



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