

# TRAILBLAZING THROUGH YOUR TEA BREAK

*Not all heroes use CAPES, but ours do!*



Thank you all so much for your hard work, we couldn't do it without you! Your enthusiasm has been fantastic!

We have just trained our final cohort in CBT-ts. Your input is essential to the outcome of the trial which ends at the end of April 2024.

**Milestone alert:** over 90 of you therapists are now trained in CBT-ts across 4 Trusts within East and South-East England.

Thank you for your part in making a difference to research and many of your patients.



## MEET THE TEAM AND OUR PETS!

We would love to introduce to you the TYPPEX members and the vital members of the team when working from home: the TYPPEX pets!



THE TYPPEX TEAM, AUGUST 2023

## 📣 Competition alert! 📣

Send us a creative picture of your pet ([typpep@medschl.cam.ac.uk](mailto:typpep@medschl.cam.ac.uk)). The most original one will be crowned the TYPPEX Pet of 2023! Look out for the announcement. May the odds be ever in your favour!! 😊

### HOUSEKEEPING + FAQs

- Remember, the threshold for CAPE+ is >1.30 for both frequency and distress scores.
- Our initial information leaflet for patients describes the research that is happening in the service and what will happen if they are invited and agree to participate. It is very important that you give this leaflet out with the CAPE questionnaire.
- You do not need to add any CAPE scores to REDCap.
- The CAPE is for use with your CBT patients only.
- If you haven't used REDCap for a while, you may find your account has been locked. If this is the case, please let us know and we can quickly get it reactivated.



### ENGAGEMENT OPPORTUNITIES

Look out for the Cambridge Festival programme, 14<sup>th</sup> - 28<sup>th</sup> March 2024. We will be there to receive you! Make sure you follow us on X, formerly known as Twitter ([@TYPPEX\\_PROG](https://twitter.com/TYPPEX_PROG)).

Our Programme Manager, Polly Ashford, has organised the upcoming Norwich CTU Symposium, 18<sup>th</sup> October, on trials in mental health and IAPT. Our co-chief investigator, Professor Peter Jones, and Polly Ashford will be speaking about the TYPPEX trial. Join us! Book [here](#).

**Biscuit alert!** For International Clinical Trials Day, the TYPPEX team were interviewed, watch this [video](#) about clinical trials and see if your favourite biscuit is mentioned. Kudos if any of your pets are called Biscoff!



Got a bright idea for our next newsletter or a burning question for the TYPPEX team? Contact Debra Russo [typpep@medschl.cam.ac.uk](mailto:typpep@medschl.cam.ac.uk)