

TYPPEX NEWSLETTER

Hey trailblazing therapists! Time for a cuppa? Grab a biscuit and read what we've been up to so far this year!

Thank you all so much for all your hard work, we couldn't do it without you! The number of CAPEs being completed, patients receiving CBT-ts, and participants in the cost effectiveness study are steadily increasing thanks to your hard work. Keep pushing and please remember to use a CAPE with all new CBT patients.

We are delighted that Suffolk East/Ipswich team at NSFT have joined the trial as our newest Norfolk cluster. We are also excited to add a new site to the trial: Homerton Healthcare NHSFT. Welcome to TYPPEX!

HOUSEKEEPING + FAQs

- Remember, the threshold for CAPE+ is >1.30 for both frequency and distress scores
- The next training for HH01 will take place on 6th, 7th, and 8th June 2023.
- 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.
- The diagram below shows how you are helping us collect the data we need to provide the evidence that CBT-ts is making a difference to patient outcomes.



REDCap

We have recently added this banner on the Consent to Contact page to remind you of the CAPE+ thresholds when entering details of a service user for the Cost Effectiveness study.

ATTENTION! Please check the CAPE scores are 1.30 or above for both the frequency and distress sub-scales prior to completing this Consent to Contact form.

We have also set up a report so that you can see all your previous entries in REDCap. We'll be in touch to show you how to use it.

RECOVERY	COST EFFECTIVENESS
<i>Does CBT-ts work?</i>	<i>Health economics: How much does it cost to deliver and receive CBT-ts?</i>
<ul style="list-style-type: none"> • Before your CBT-ts training, provide CBT treatment as normal • After your training, incorporate CBT-ts into CBT treatment with all CAPE+ patients • Take these patients to CBT-ts specialist supervision • At end of treatment, complete the CAPE again for all CAPE+ patients • Individual consent not needed 	<ul style="list-style-type: none"> • If CAPE positive, ask for permission for the TYPPEX team to contact them about the cost effectiveness study. • Voluntary research = patient's consent needed. • Patient contacted directly by study team • Participants asked to complete follow up questionnaires at baseline, 3 months, 6 months, 9 months and 12 months to monitor recovery

PROCESS EVALUATION INTERVIEWS



Thank you to those of you who shared your experiences of using CBT-ts with Marcus. Your input is vital to give us insight into the positives and challenges you face incorporating the training into your clinical practice. Marcus has now left the team and Janet will be taking over, so look out for your invite to have your voice heard!

TRAINING AND SUPERVISION

The penultimate training and supervision commence in June 2023. Ushma and Michelle have been working hard delivering the intervention, and the team are really pleased with how this has been received. Check out the progress map and word cloud from the January training below.



Locality	Control	Training	Consolidation	Group
NS01		Sept 21		
NS05		Sept 21		
CP03		Sept 21		
NS03		May 22		
SP01		May 22		
NS02		Jan 23		
CP02		Jan 23		
HH01		June 23		
NS04		Sept 23		
CP01		Sept 23		
NS06		Sept 23		

Complete
In progress
Next steps

