

# THE TYPPEX NEWSLETTER

TAILORING PSYCHOLOGICAL THERAPIES IN WELLBEING SERVICES

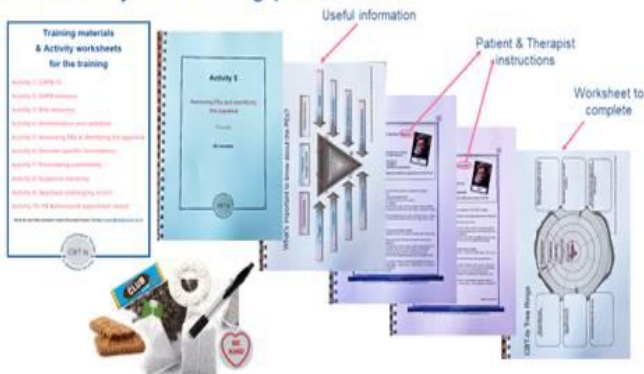
## BACKGROUND

TYPPEX is a five-year research programme that aims to increase recovery rates amongst people with more severe depression and anxiety attending IAPT or Wellbeing services. We have already discovered that such people can be identified through the presence of psychotic experiences that can be simply and routinely measured. These people are less likely to recover so we have developed a form of CBT that is tailored for their severity (CBT-ts). We have begun a randomised controlled trial (RCT) where the primary outcome is recovery, as routinely assessed in practice. The order in which participating teams are trained is randomised in what is called a stepped-wedge, cluster RCT. The trial will also include a health economic study and an evaluation of the processes involved in implementing the trial and delivering and receiving CBT-ts.

## TRAINING & SUPERVISION

Our CBT-ts training and supervision package for IAPT CBT therapists is now finalised and half-way through the final stage of testing – the definitive randomised controlled trial. Before we trained the first therapists to deliver CBT-ts we updated the materials to incorporate a wide range of feedback from the feasibility study, including from therapists and people with lived experience. We also adapted the training to be on-line.

### What's in your training pack?



### What's in your resources pack?



We trained the first cohort of therapists, including two teams from Norfolk & Suffolk (NSFT) and Cambridgeshire & Peterborough (CPFT) in September 2021. Following 8 months of specialist supervision to consolidate their learning, they are currently receiving monthly group supervisions. So far, there has been some positive comments from therapists regarding patients who have had CBT-ts.

Our second cohort of therapists from Sussex Partnership (SPFT) and NSFT were trained in May 2022. They are currently receiving their monthly specialist consolidation supervision (for 8 months) before progressing to regular, monthly group supervision.



May 2022 cohort = 17 therapists

TRAINING FEEDBACK

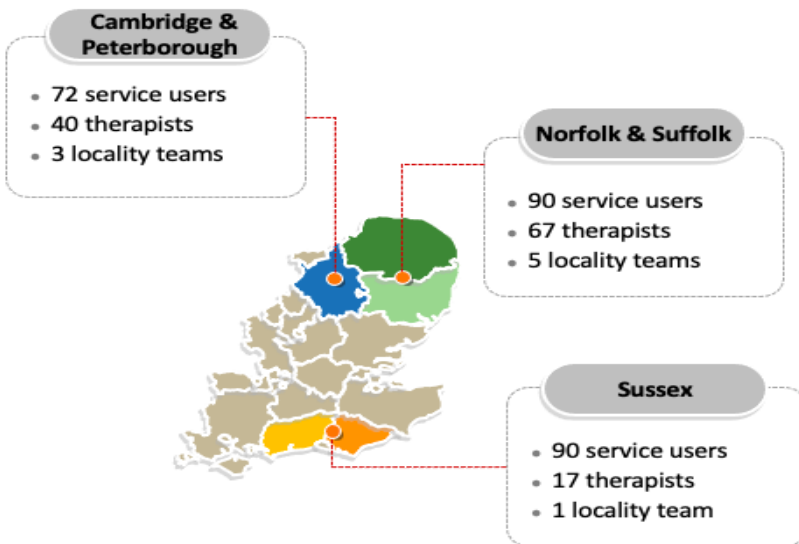
## RECRUITMENT



### SUPERVISION FEEDBACK

It is a challenge to retain consented therapists in the trial both before and after training, given the huge service pressures. However, the whole point of the TYPPEX programme is, ultimately, to reduce those pressures by supporting recovery in a group of clients who currently have lower recovery rates. It's going well! We have attended team meetings with the next cohort due to be trained in January 2023 and plan to begin to do the same for the remaining teams in our fourth and final cohort; they will be trained in September 2023. We can answer questions and support the therapists during these visits.

In March we met Service Managers and senior staff in all three trusts to make them aware of the trial, provide an overview of therapist engagement and encourage their support in keeping TYPPEX high on the services' agendas.

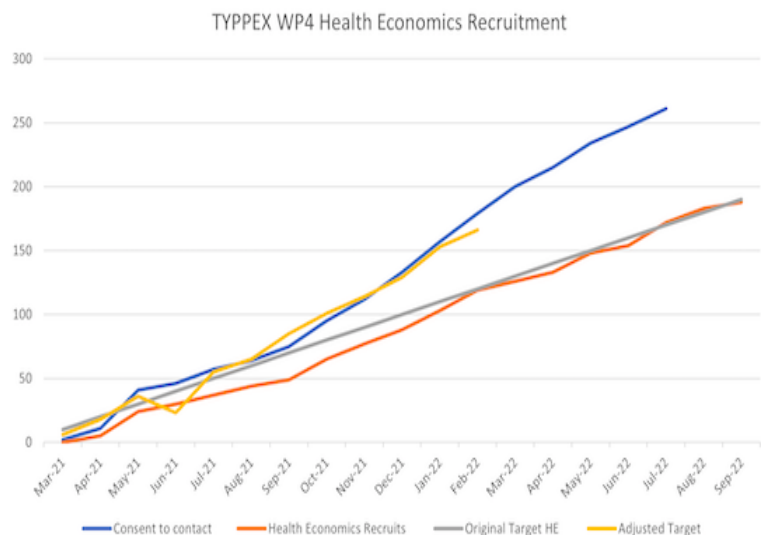


Currently we have 124 consented therapists across the 3 participating trusts.

## HEALTH ECONOMICS STUDY

This study helps us understand the cost of delivering CBT-ts. Due to our therapist's commitment, we currently have:

- 292 participants who consented to be contacted by the research team to receive information about the study.
- 188 fully consented participants who are currently participating at baseline and the various follow-up time points: 3, 6, 9 & 12 months.
- 23 participants who have completed the final 12-month follow-up.



## PROCESS EVALUATION

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The process evaluation is underway, with Annabelle Olsson and Janet Willars from the THIS Institute joining Marcus Redley on this critical part of the TYPPEX project that will help us to understand what really went on in the trial: what worked well, what didn't and why. Interviews are currently being conducted with a sample of high-intensity therapists who have received training in CBT-ts (the TYPPEX intervention). Ethical approval has been granted for an updated set of interview schedules, and we are now preparing to approach service users and other stakeholders to take part.

You may be invited to an interview due to your role in TYPPEX or involvement with the programme over the last few years. Your views are incredibly valuable to our analysis, especially about how CBT-ts has been designed, delivered and how it could be more widely implemented if shown to be effective. If you can squeeze this into your diary, we would be extremely grateful

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