



TYPPEX NEWSLETTER

Hey trailblazing researchers and collaborators! Grab a cuppa and look at what TYPPEX have been up to!

Thank you for your continued support of TYPPEX. It was fantastic to see so many of you at the May Collaborator's meeting. An extra thanks to those of you involved in the Supervision Data focus group! We are excited to let you all know what we've been up to.

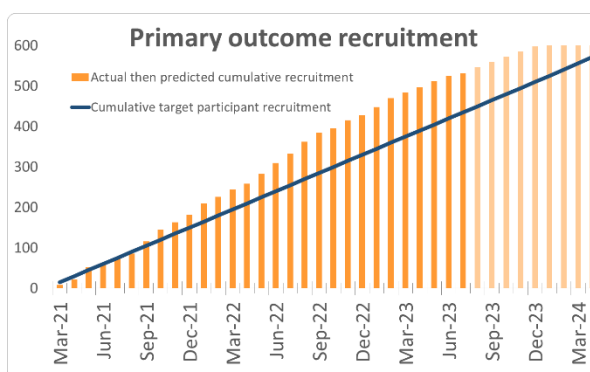
NEWS

- We are delighted to announce that we have a new Trust signed up to TYPPEX! Therapists in Homerton Healthcare NHS Foundation Trust were CBT-ts trained in June. Our final cohort is due to be trained in September 2023.
- In May, we submitted a paper to Journal of Affective Disorders describing the clinical presentation and symptomatic profile of psychotic experiences within IAPT services and its relationship to anxiety and depression. We'll keep you posted!
- We have welcomed our two newest members to the TYPPEX team: Raquel Conceição (RA), who is working with Debra on the Health Economics, and Rosie Lindsay (Process Evaluation RA) who joined us in June to take over Annabelle Olsson's role.
- If you receive an invite to participate in a Process Evaluation interview or would like to participate in one, please get in touch with Janet on Janet.Willars@thisinstitute.cam.ac.uk.

RECRUITMENT

For our primary outcome (recovery), we are recruiting slightly above target (shown by the blue line in the graph). Paler orange bars represent predicted recruitment.

Health economics recruitment is also progressing well, and with the addition of two new clusters, we hope to mitigate any further therapist retention issues.



THEORY OF CHANGE

The TYPPEX ToC is an essential component of our process evaluation. It is a comprehensive description of how and why TYPPEX/CBT-ts would improve recovery outcomes. We are currently working on version 5 of the ToC, incorporating your feedback and insights from the Process Evaluation so far.

Key questions

What are the processes of implementation & delivery ?

What are the intervention's mechanisms of action ?

What is the influence of the wider context ?

Insights from our Theory of Change Survey

Intervention	Impact	Long term outcomes	Assumptions	Preconditions	Indicators
Implementation plan is not yet an explicit component of CBT-ts and the TYPPEX programme	Broadening the scope of the impact statement and considering changing "recovery" to "reliable improvement"	Certain long-term outcomes are more indirect and not immediately measured	Fine tuning theoretical underpinnings of CBT-ts, softening claims and reformulating assumed mechanism of action	Replace the word "screen" with "identify", as CAPE-P15 does not have a sufficient evidence base as a screening tool	Challenges around measuring the effect of CBT-ts techniques specifically. Potential to use supervision data

DISSEMINATION

In February, the team attended Norwich Science Festival with the stall "Why do we sometimes see things that aren't there?", speaking to over 200 people of all ages about TYPPEX!

We've also been working hard to keep our twitter (@TYPPEX_prog) up to date with exciting news about the trial, recognising recruitment milestones, and welcoming our new clusters on board.

Our Programme Manager Polly is working on forming an IAPT trialists network to encourage collaboration and improved methodology in mental health research in primary care. Follow the progress on twitter - @IAPTtrialists



SPOTLIGHT ON ROYA Our PPI coordinator



What is your role on TYPPEX and why is PPI important?

"My role is Patient and Public Involvement (PPI) co-ordinator, working alongside a panel of lived experience advisors to input into the study. PPI is essential for designing research and providing services that work in practice for the people they intend to serve."

Why is TYPPEX important to you?

"As well as facilitating involvement, I work from my own lived experience and research background. From this viewpoint, I have seen first-hand how much a tailored CBT for psychotic experiences is needed - without CBT-ts, so many people have no services to go to."

The panel often reflect on our experiences of anxiety, depression, and psychotic experiences. Throughout the TYPPEX trial, we have collaborated to provide input for research analysis, patient and public communications, and suggested improvements. It's so important not only that CBT-ts is provided but that it has been designed with lived experience in mind, and TYPPEX is aiming to do just that."



HAD A BRAINWAVE OR GOT A BURNING QUESTION?
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