



WELCOME!

IN THIS ISSUE

Welcome to our newsletter!

by Freya Stuart

Welcome! We have put together a newsletter as a way of keeping people informed. Take time out to get up-to-speed with all things TYPPEX!

Why a newsletter?

Feedback tells us that members of the LEAP want to hear more (and more often) about what's happening with TYPPEX. Even if there's no news – people still want to be told.

Who is the newsletter for?

At first this newsletter will go to all members of the TYPPEX LEAP. We hope to expand distribution to all of our study collaborators as we refine its contents.

How often will you send it?

Feedback suggests that people would like to hear from us every 4-6 weeks. We aim to do this by sending regular study bulletins and a quarterly newsletter.

How can I give feedback?

As this is a new initiative, we're really keen to hear what you think:

- Do you like the newsletter? Why?
- How can we improve it?
- What would you like to hear about?

We would really like our LEAP members to get involved in writing content, proof-reading and formatting the newsletter. If you have an eye for detail, skills in Microsoft Word or a flair for writing, we want to hear from you!

To appear in the November issue, members are invited to share their experience of being a TYPPEX LEAP member in no more than 250 words. With your permission, we may also publish your story in the 'checkpoint report' (a report we provide to our funders about how the study is going).

INVOLVEMENT OPPORTUNITY

If you would like your story to be published in the next issue, please submit your entry to the PPI coordinator by 31st August.

If you have any feedback, or would like to be involved in producing the next issue, please also contact the coordinator:

FREYA STUART
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July LEAP meeting

We were pleased to welcome members of the LEAP to Cambridge for the second face-to-face meeting of 2019. Despite it being a very hot day, we had a great meeting that aimed to get everyone on the same page.

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Recruitment target

Therapists at all three sites have been asking people if they would like to take part in the health economics (cost-effectiveness) research. Have we met our recruitment target? Find out inside!

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Royal College of Psychiatrists' International Congress

There was lots of interest in the TYPPEX programme when we presented the results of the systematic review.

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TYPPEX Steering Committee

The TYPPEX steering committee met in July 2019 and members were pleased with how the study is progressing.

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July LEAP Meeting

by Freya Stuart

A TYPPEX LEAP meeting was held in mid-July 2019 in Cambridge.

We welcomed 7 members of the LEAP. Debra Russo (TYPPEX) and Rachel Temple (McPin) were in attendance and the meeting was co-chaired by Thomas Kabir (McPin) and Freya Stuart (TYPPEX).

Members were given more clarity on what TYPPEX can practically achieve within an IAPT (Improving Access to Psychological Therapies) setting.

We looked at the sorts of mental health challenges that IAPT is able to treat and how it measures its effectiveness using depression and anxiety questionnaire scores to report 'recovery'.

TYPPEX aims to enable more people with unusual experiences to reach 'recovery', by upskilling CBT therapists to better support this group.

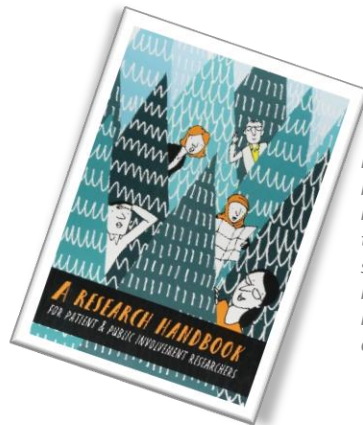
Members raised some important questions:

- Can we take the CAPE questionnaire again at the end of treatment?
- Can we measure relapse?
- Can there be flexibility with the number of sessions?



We also began a discussion about "ways of working" and members suggested ways that staff can support people to contribute at meetings.

Finally, we talked about including more 'voices' in the PPI (patient and public involvement) group - people who have had TYPPEX therapy and therapists who are delivering it. Members seemed to be in agreement that this would be a good idea.

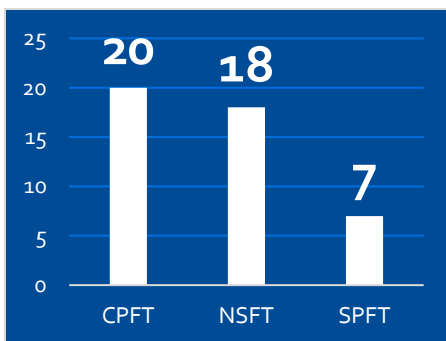


Members each received a copy of a research handbook that we hope will support people to feel more confident with research terms and concepts.



1. The LEAP's suggestions have been passed to the study team who will give feedback on how these ideas will be taken forward (or if not, the reason why)
2. Members are emailing ideas on how we can support active participation and we will talk more at the next meeting
3. We will provide research training at the next meeting
4. Staff will look at the budget to see if we can involve more PPI 'voices' and consider the best way to advertise any such opportunity

Recruitment at different sites (correct at 01/08/19)



CPFT = Cambridgeshire and Peterborough NHS Foundation Trust
 NSFT = Norfolk and Suffolk NHS Foundation Trust
 SPFT = Sussex Partnership NHS Foundation Trust

Recruitment Target

by Freya Stuart



Study staff have been working flat out on recruitment for the health economics (cost-effectiveness) arm of the study. This often involves reminding therapists to take the tablet to sessions so people can give their electronic consent.

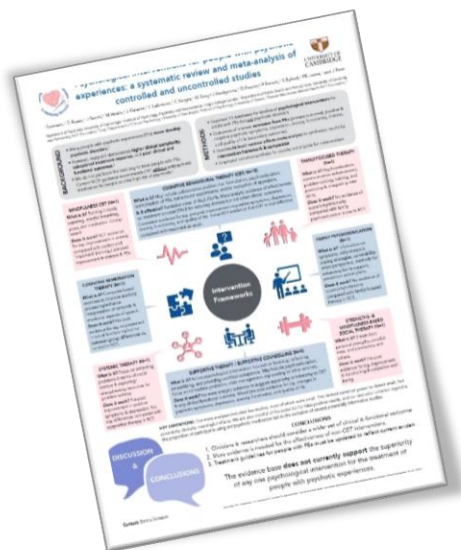
We aimed to recruit 45 people – enough to see if our processes for recruiting and collecting data are effective. We have now hit our target! Recruitment at SPFT will continue as ideally we want 15 people at each site.

The pilot has shown that our processes for collecting consent and research data via tablet are effective and acceptable to people.

One problem is that the software is not very intuitive and sometimes doesn't save people's electronic signature so we are looking at alternative software that is more user-friendly for the trial.

Royal College of Psychiatrists' International Congress

by Emma Soneson



Emma's poster describes what we did, the different psychological therapies that were looked at and what we found out. See Appendix 1 for a larger version.

In early July, Emma attended the Royal College of Psychiatrists' International Congress in London.

She had applied to present a scientific poster about the TYPPEX systematic review and meta-analysis (where we collected all existing evidence about the effectiveness of therapies for people with unusual experiences).

However, there was so much interest in the project that she was further asked to give a talk about TYPPEX.

Emma spoke to an audience of about 20 people about the goals of TYPPEX, what

the evidence currently says about psychological therapies for people with unusual experiences, and how TYPPEX is going to help reduce the uncertainty surrounding how to improve outcomes for this group of people.



There was great interest in the team's work, and many people spoke to Emma afterwards about how exciting this programme is.



TYPPEX Steering Committee

by Freya Stuart

Any publicly-funded study has to have independent oversight and TYPPEX is no exception.

There are 9 independent members on our steering committee with expertise in different areas such as governance, statistics, psychosis, and of course we have a lay representative advocating the patient view.

We also have a representative from the NHS organisation that granted us funding: the National Institute for Health Research (better known as the NIHR). They want to be sure that the money is being put to good use.

In mid-July a meeting was held and Programme Manager, Clare Knight, gave members an update about how the study is progressing – essentially, very well!

The only area that is a bit behind schedule is the service-user interviews and this is because of a change of staff.

We are developing closer links with the organization that is doing the interviews (THIS Institute) to keep the momentum going. These interviews are now being incorporated into the process evaluation. LEAP members have recently reviewed the new study documents.

The steering committee asked about collecting the CAPE pre- and post-therapy and suggested it would be a good way to track patient safety.

The committee were very impressed with the novel use of tablets for collecting consent and we were able to reassure members that we have robust data protection measures in place.

All-in-all a successful meeting.

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For more information about TYPPEX: <https://www.fundingawards.nihr.ac.uk/award/RP-PG-0616-20003>.

For more information about the feasibility study: <https://doi.org/10.1186/ISRCTN16318194>

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