

PARTICIPANT NEWSLETTER

WELCOME TO THE FIRST STRATA STUDY PARTICIPANT NEWSLETTER

Thank you for your contribution to the STRATA study. Here is an update about the study's progress to date. We hope you enjoy reading! From the STRATA Team



Recruitment End

318 participants have now been recruited to the STRATA Study, and we are no longer accepting new expressions of interest. The first participants joined the study in August 2021 and the last in October 2023.

These participants have joined the trial from across the UK and Western Australia. Thank you to all who have participated and continue to take part.

Facts and Figures

In total...

1753 people expressed an interest in the STRATA study. **318** people were recruited.

1715 baseline and follow-up appointments have been conducted with participants.

Over **1500** bottles of medication have been dispensed to date

The latest publications from our team are from the APriCoT study, and are available below:

<https://journals.sagepub.com/doi/full/10.1177/13623613231202432>

<https://www.liebertpub.com/doi/10.1089/aut.2022.0027>

We aim to include content that we think will be interesting and relevant to you, but if you have any particular idea about what we should include, please let us know at strata-takepart@bristol.ac.uk



You can also stay up to date with the trial by following us on X at [@BristolStrata](https://twitter.com/BristolStrata)

SerTRaline for AnxieTy in adults with a diagnosis of Autism.**Message from the Chief Investigator (Lead Doctor)
Professor Dheeraj Rai**

I want to send a sincere thank you for your support by taking part in our study. STRATA is, by a long way, the largest study ever done to understand any benefits and side effects of sertraline for anxiety in autistic adults. By taking part, you are therefore contributing to making history, and the results, whatever they may be, will help countless autistic people and clinicians across the world make evidence based decisions. Thank you!

Dheeraj

**Completion Rates**

- **250** people have completed and returned the 16-week questionnaire, the study's primary outcome – this is the most important time point for assessing the differences between groups (sertraline vs. placebo).
- **121** people have completed the full 52 weeks (1 year) of the study, and returned the 52-week questionnaire.

The number of people who return completed questionnaires is currently **excellent** (>92% for primary outcome; 16-week). Thank you for continuing to complete and return your questionnaires.

Even if you have discontinued medication, please continue to complete your questionnaires as this still provides the study with valuable data.

Please remember to let us know:

- If you are admitted to hospital for any reason
- If you have any changes to your non-study medication
- Are running low on study medication
- Have any issues with bothersome new physical symptoms, or your study medication dose, and would like to discuss this with us (you don't need to wait for your next appointment)

Get in touch with your local researcher for any of the above, or if you have any other problems or concerns.

Alternatively, contact awp.strata-rct-secure@nhs.net and we will send this on to your local researcher.

Support:

If you would like to seek further support for your mental health in addition to taking part in STRATA, there is information about national and local support services available here:

- UK: tinyurl.com/STRATASupport
- Australia: tinyurl.com/STRATASupportAus