

PARTICIPANT NEWSLETTER

Welcome to Issue 2 of the 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



Data Collection End

All participants have now passed their final timepoint at 52 weeks.

Now all the data has been collected, the researchers need to analyze the data. This will then be reviewed and written up over a period of several months.

Discussion and approval from other researchers (peer review) will be needed to ensure the work is valid and can be shared publicly.

Completion Rates

- **92% of our participants** 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).
- **87%** completed the full 52 weeks (1 year) of the study, and returned the 52-week questionnaire.

Thank you to everyone for completing your questionnaires, it is greatly important to our research.

The latest publication from our team is the STRATA protocol paper, and is available below:

<https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-023-07847-3>

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 am very pleased to say that after 6 years of planning and carrying out this study, we have now collected all the data for our study. Our team is now busy working on the findings of the study. We hope to be able to share these by summer next year. The results, whatever they may be, will provide evidence around prescribing of sertraline for anxiety in autistic people. I am grateful for each of you who participated in our study or supported it in any other way.

Dheeraj

**When can we see the results?**

Results for the study are expected by summer 2025. In your baseline appointment, we asked you whether you wanted to receive a copy of the study results at the end of the study.

If you did request to receive a copy of the study results, you will be contacted with these once they are available. We are currently exploring different options of presenting results with our Autistic Advisory Group.

Why does it take so long to get results?

There are many different stages to running a research study. The first stage of your involvement was during recruitment, where we looked for people to take part in the study. Finding people who meet all the study's specific requirements can take time.

The first participant for the study was recruited in August 2021, and they remained in the study for 1 year. However, new study participants were being recruited up until November 2023, so these people have only just submitted their 52 week questionnaires.

Once all the data has been collected, the statistical team can then complete their data analysis, which will then be reviewed and written up over a period of several months. Discussion and approval from other researchers will be needed to ensure the work is valid and can be shared publicly.

All these steps are done to make sure the research is safe, accurate, and reliable. It can feel like it takes a very long time, but the goal is to get results that everyone can trust.

Support:

If you would like to seek further support for your mental health after taking part in STRATA, you should speak to your GP. There is information about national and local support services available here:

- UK: <https://strata.blogs.bristol.ac.uk/information-about-the-study/support-information/>
- Australia: <https://strata.blogs.bristol.ac.uk/support-information-2/>