

## Welcome!

### Welcome to the first issue of the ADEPT-2 newsletter.

We want to share with you some study news and progress since we first opened in July 2022. We can't believe it's already been 6 months since the first participant decided to take part! We hope you find this newsletter interesting. If you have any questions, please email us at: [adept-rct@bristol.ac.uk](mailto:adept-rct@bristol.ac.uk).

We would like to **thank you** for your invaluable contribution to the study. Whether it's expressing an interest in the study, completing questionnaires, accessing NHS support for depression or attending guided self-help (GSH) appointments, all of your contributions are important to the study and its findings.

## A message from Dr Ailsa Russell

*Lead Investigator*



**ADEPT-2 (Autism Depression Trial-2) is an important study and I feel very proud to be a part of the team and the study.** As a clinical psychologist, I know it is important for people to be able to access effective psychological support for their mental health and emotional wellbeing. As a clinician and researcher who enjoys working with and supporting autistic people, it is really

important that effective psychological treatments are helpful for autistic people too.

I am learning all the time from team members and from the people who are taking part in the study. **Together, we are working hard to make sure the study is as good as it can be.** Thank you to all the people who give us feedback. We value your comments and feed this back into the study materials and processes where improvements can be made.

I have been working hard with Dr Kate Cooper (Clinical Psychologist and researcher on ADEPT-2) to deliver training and supervision for the Guided Self-Help coaches who are supporting ADEPT-2. We have also been working hard to make training materials available to the psychological therapy services which offer NHS support for depression.

**We're really encouraged by your commitment to the study and positive feedback so far.** In this next phase, our priority will be to let as many people as we can know about the study and invite them to consider if it is something they are interested in.

## Questionnaires throughout the study

01 Expression of Interest form ✓

02 Baseline questionnaire when you join the study ✓

03 Follow-up questionnaire 16 weeks after you joined the study ✓

04 Follow-up questionnaire 32 weeks after you joined the study

05 Follow-up questionnaire 52 weeks after you joined the study

NEXT →

### Progress Update

As of 09-03-2023



286 people

have expressed an interest in taking part in the study



85 people are taking part in the study and have been randomly allocated to Guided Self-Help or NHS Support for depression



20 participants have completed their 16 week follow up questionnaire



our aim is to have 248 individuals taking part in the study

### Why are the follow-up questionnaires important?

We will send you follow-up questionnaires at 16, 32 and 52 weeks after you join the study. These questionnaires are important because they provide us with an update on how you are doing since you joined the study. Gathering this information from all of our participants helps us to find out whether guided self-help is helpful for autistic adults who experience low mood/depression.

**We are now receiving the first 16 week follow up questionnaires from our earliest study participants.** Don't forget we offer a £10 voucher each time you complete and return a questionnaire.

If you currently receive your questionnaires by post and you would prefer to receive them via email, please email us at [adept-rct@bristol.ac.uk](mailto:adept-rct@bristol.ac.uk), or speak to your local study team and ask them to update your preferences.

## Update from our site teams

**ADEPT-2 is happening across England and Wales in 7 different regions:**

South West England, West Midlands, East Midlands, North East of England, North England, and Wales.



We thought it would be good to find out what is happening in one region in a bit more detail.

### Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV)

**We are thoroughly enjoying working with the ADEPT-2 study team to aid recruitment and offer this excellent opportunity to people in our area.**

**We are lucky to have a dedicated team. We would not be able to offer the ADEPT-2 study without their hard work and enthusiasm.**

Our principle investigator, Dr Vicky Jervis, works in the Autism Service within TEWV, alongside the sub-investigators Dr Katie Cooke and Dr Aashna Singh. On the delivery side of the study, we have Clair Dale (Clinical Studies Officer) and Melissa Goble (Research Assistant). Both work on ensuring people are aware of the study and are offered the opportunity to be involved. They are the faces you will see if you decide to take part in the study and will be there to complete your baseline appointments.

Other members supporting the team by completing the GSH appointments are Cleopatra Hadjidemetriou, Hannah Budge, Rebecca Needham, and Ola Wojciechowska. Also, our superb PPI member, Rhona Evans, has provided us with helpful insight to ensure we are able to provide the best service possible.

We are continuing to work collaboratively with clinical teams in our Trust, external charities, and organisations such as Daisy Chain and MAIN, TEWV Recovery College, local libraries and Universities in order to ensure the ADEPT-2 study is able to reach as many people as possible.

In addition, strengthening our links with local charities, autism services and our local IAPT services within TEWV has meant that, where our participants are allocated to 'Treatment as Usual', we can feel assured they are being linked in with a range of high quality support and interventions

**We want to give a massive thank you to our participants in the study, some will be approaching their 16-week follow-ups. One of the most enjoyable aspects of being a part of the ADEPT study for us at TEWV has been meeting some wonderful people.**



For more information please contact us via **email:** [adept-rct@bristol.ac.uk](mailto:adept-rct@bristol.ac.uk)

or visit our **website:** [www.bristol.ac.uk/adept](http://www.bristol.ac.uk/adept)