Improving Social Recovery in Psychosis Study – Key Information for Participants

If you are interested in taking part, you will first meet with a researcher to complete an assessment together and decide whether the study is right for you. Taking part is completely your choice, and it's okay if you decide not to.

This study is for people aged 18 or over who have experienced psychosis, are receiving support from mental health services in East Anglia, Sussex, Pennine or the Northeast of England, and are not spending much time doing structured activities such as work, education or volunteering.

If you do take part, you will be randomly placed into one of two groups. One group will receive Social Recovery Therapy (SRT) alongside usual care, and the other group will continue with usual care only. Everyone has a 50/50 chance of being in either group.

SRT is a talking therapy designed to help people who have experienced psychosis spend more time doing activities that matter to them. You and your therapist will work together to choose activities and find ways to overcome any challenges. Sessions usually last about an hour and can take place weekly or fortnightly for up to nine months, at a time and place that suits you.

You will also meet with a researcher for follow-up assessments at 9 months and 15 months after your first visit. We may invite you to an extra interview about your experience, but this is optional. After 15 months, we will check your health records and send you a short message or email at two years to see how you are doing.

Taking part is voluntary. You can stop at any time without giving a reason, and this will not affect your usual care.

There are some possible risks. Trying new activities can sometimes feel challenging or bring up difficult feelings. Your therapist will work with you to make sure this is done safely and at your pace.

There are also benefits. You will have regular support from a therapist to help you do things that are meaningful to you. You will also receive three payments of £20 as a thank you for your time.

Your information will be kept confidential and stored securely. We will only share details with your care team if needed for your safety.