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# Easy Read Participant Information Sheet



Hello. My name is Jo Hodgekins. I am a Clinical Psychologist and work at the University of East Anglia. I lead a research project called *Improving Social Recovery in Psychosis*.

In this project, we are testing a talking therapy called **Social Recovery Therapy (SRT)**. This therapy gives practical help and emotional support. It aims to build confidence, increase independence, and help people spend more time doing things that feel meaningful to them. This might include taking public transport, making contact with friends, or trying out new activities.

We would like to invite you to take part in the Improving Social Recovery in Psychosis project. **Taking part is your choice and will not affect the care you usually receive.**

Before you decide to take part, please read this information sheet about the project and what it involves. Please take as much time as you need to read this information sheet. It includes a lot of information so please feel free to read one section at a time, taking breaks if you need to.

One of our team will also go through it with you and can answer any questions you have.

## Important things to know

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 doing structured activities such as work, education or volunteering.





Some people who have had psychosis sometimes find it hard to carry on living the life they want to live and to take part in social activities. "**Social recovery**" means living the life you want even if you have experienced mental health difficulties. The study wants to see if working with a therapist using Social Recovery Therapy (SRT) can help people do this.

If you take part, you will be in one of two groups. These are:

**The therapy group**

If you are in the therapy group, as well as your usual care you will be offered weekly or fortnightly meetings with a therapist for up to 9 months to do Social Recovery Therapy.

**OR**

**The control group**

If you are in the control group, you will still receive your usual care but without the additional Social Recovery Therapy.

## Who can take part?

Age 18+

Receiving mental health support in East Anglia, Sussex, Pennine, or Northeast England

Experienced psychosis

Currently not spending much time doing structured activities (e.g., volunteering, work, education, leisure activities)

## Do I have to take part?




No, you do not have to take part. You can decide if you want to take part or not.

If you do take part, you can change your mind and leave at any time. You don't need to give a reason.

Not taking part or deciding to leave the study will not affect any other care or support that you get.

## What will happen if I take part?

### 1. Sign up meeting

You will meet with a researcher to go through information about the study.

If you want to take part, you will sign a consent form to say you understand what is involved and agree to take part.



We will then ask you more questions to check how you are spending your time to see if the study seems right for you at this time.

## 2. Eligibility Meeting



On another day you will meet a research assistant. They are not part of your care team. They will ask questions and help you fill in questionnaires about your situation. This takes about two hours but can be split into two or more sessions. You can bring a friend, family member, or support worker if you want.

You will be given a £20 voucher as a thank you.

## 3. Random allocation



A computer will randomly decide if you will be in the "**The Therapy**" or "**The Control"** group. This will be like flipping a coin with a 50/50 chance.

### The Therapy Group

If you are in the therapy group, as well as your usual care you will be offered weekly or fortnightly meetings with a therapist for up to 9 months. The therapy sessions will be at a time and place that is convenient for you.

### The Control Group

If you are in the control group, you will still receive your usual care but without the additional Social Recovery Therapy.

## 4. Assessments



You will meet a research assistant again at 9 months and 15 months after your first assessment to do the same questions.

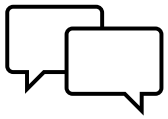
You will be given a £20 voucher after each assessment as a thank you.

### 5. Interviews

Some people will also be asked to take part in an extra interview about your experience and the treatment. You do not have to take part in this interview; it is up to you.



## How would meetings work?



You would meet with a researcher at a time that suits you and in a confidential space of your choice – either at home or at an NHS clinic. Some  Some meetings might be able to take place online or over the phone.

The researcher would help you to answer their questions. You can take a break any time. You can have a few short meetings each time if that works better for you.

We will ask if you are ok for us to audio record some of the meetings so that we can check the research is being done properly. We won't record meetings if you do not want us to and the recordings will be stored safely and destroyed when the research ends.

## What are the benefits and risks of taking part?

We hope that those having Social Recovery Therapy will help you do things that are important to you, but we don't know. Everyone will be offered up to three £20 vouchers for taking part. This is a total of £60 over 15 months.

We hope there are no negatives of taking part. However, it is possible that answering questions about your mental health can be upsetting. You can skip any questions you don't want to answer and can stop at any time.

## Who would know you were taking part?

- The research team.
- Your current care team, if you have one.
- The service that put you in touch with us.

We would tell your current care team if we were worried about your safety.

## How will my information be used?



We would need to use information from you in this study. This includes personal details like your name, contact details, and your GP.

We will keep all your information safe and secure. You can see our full information sheet to know more about how we use your information.

## What will happen to the results?



The results will be shared in health journals and at conferences in the UK and other countries. We might use some of your words when we report the results, but your name or other personal information will never be included. If you want to know about any publications from the study, tell the research team.

## Who is in charge of the study

The study is being done by researchers. These people work in different NHS health trusts. The study is sponsored by Sussex Partnership NHS Foundation Trust and the University of East Anglia.

An organisation called the National Institute for Health and Care Research (NIHR) is giving us the money to do the study.

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Projects like this one also must be looked at by an NHS Research Ethics Committee. This committee checks that the study is as safe as possible.

## What happens if something goes wrong?

If you are unhappy about any aspect of this project, you can speak to the research team who will do their best to help.



If you would like to speak to someone outside of the research team or if something goes wrong, you can speak to Patient Advice and Liaison Service (PALS).

You can email them at … (insert site specific contact)

## Contact details:

(insert site specific contact)