

Who will I see?

You will see one of our Research Assistants (see picture below):
Andrea Clark, Helen Whitehill & Claire Matrunola.



One of our Research Assistants will arrange to visit you to discuss the project and what participation involves. They will provide you with a Participant Information Sheet. Once you feel satisfied that you have understood the study and what participation involves you can then decide whether or not you would like to take part. You are under no obligation to take part.

Finding out more

If you are interested in finding out more then you can either discuss it with the person who gave you this leaflet or contact the research team using these contact details.

Phone: 0141 330 7534

Email: helen.whitehill@glasgow.ac.uk

Web: empowerstudy.net

Twitter: @EMPOWER_EWS



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Take part in
research about
staying well
with psychosis

What is EMPOWER?

Previous research has shown that monitoring everyday changes in feelings such as anxiety, depression, suspiciousness or hearing voices can enable people to act early to minimise or prevent a relapse of psychosis. This is called early signs monitoring.

By becoming aware of the “ebb and flow” of early signs in daily life, people can learn ways of coping and when to seek help or support from friends, family or mental health services.

EMPOWER is a research study which has been developed to learn the best way to support people with psychosis to stay well and the best way for mental health services to provide support to prevent relapse.

As part of this study we will be investigating if a mobile phone application (App) can help people with experience of psychosis to stay well.

Who are the EMPOWER team?

We are a team of researchers based at the University of Glasgow with an interest in empowering people with experiences of psychosis to stay well.

Our team includes psychologists, nurses, researchers and people with lived experience of psychosis.

What's involved?

To find more about the study one of our researchers will visit you to explain the study in more detail. You are under no obligation to take part.

People who agree to take part in the study will complete some questionnaires. Participants are reimbursed £20 each time they complete the questionnaires.

In addition, participants will **either**:

- Be invited to use a Mobile Phone App for up to 12-months. The research team can provide you with a mobile phone for the duration of the study should you choose. This App has been designed to help people monitor their early signs and access information to support coping and self-management.

OR

- They will continue to receive their usual care and treatment from community mental health services.

Both groups are equally important for this research because we need to understand how and why people stay well and if the App is helpful.

Why am I being asked to take part?

You have been identified by your keyworker as someone who is eligible to take part in the EMPOWER study.