

Frequently asked questions

How long would I be involved in the trial?

You would be involved for a maximum of 12 months. As well as the treatment you would also meet with a researcher four times over the 12 months and this would be for an initial appointment and then 3, 6 and 12 months later for a follow-up appointment.

Where would I be seen for the appointments?

For the psychological intervention and research assessment we would always try and see you at a place of your choice. Often, this is in your own home but if you prefer somewhere else we always try and see you where you like.

Would it cost me anything?

No, you will be compensated £10 at the initial appointment and at the 3 follow up appointments. You will also be compensated £10 if you are asked to take part in an interview about your experience at the end of the study.

What if I don't want to be part of the study anymore?

You can leave the study at any point if you change your mind and this will not affect the usual care you receive and no one will be cross or upset about this.

Feel free to contact us

To discuss taking part in this study please contact:

Other contact info here xxx xxxxx xxx xxxxxxxxxxx xxxx xxxxxx xxxxxxxx
xxxxxxxx xxxxxx xxxxxxxx xxxxxxxxxxx xxxxxxxx MAPS Website:
<https://w3.abdn.ac.uk/hsru/MAPS/Public/Public/index.cshml>

V3 03 11 2017

Funding acknowledgement

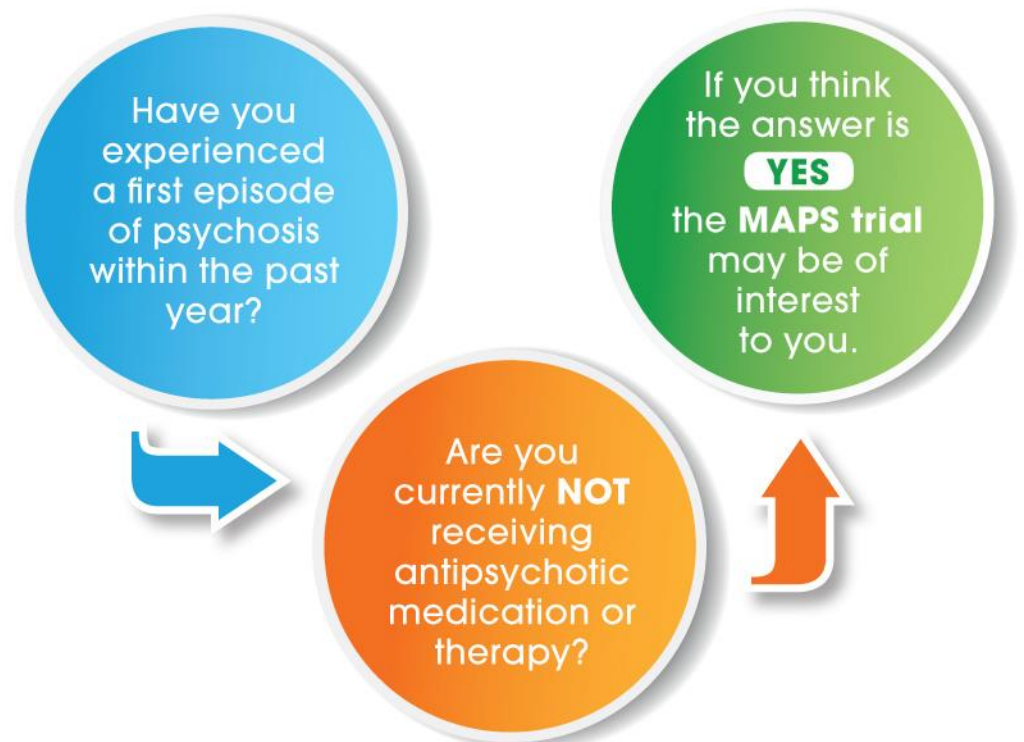
This project was funded by the NIHR Health Technology Assessment Programme (project ref: 15/31/04)

Department of Health disclaimer

The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.



Managing Adolescent first episode Psychosis:
a feasibility Study



What is this study about?

Our study is aiming to compare whether a psychological intervention or antipsychotic medication or a combination of both is the most helpful for people aged 14-18 who have experience of psychosis.

Are your experiences causing you distress?

Experiences like hearing voices or having very strong beliefs that others may think are unusual are sometimes referred to as 'psychosis'. If these experiences are causing you distress and you want help with this then you may wish to consider taking part in our study.

Current treatment for psychosis

The National Institute for Health and Care Excellence (NICE) suggests **antipsychotic medication** and/or a **talking treatment called Cognitive Behavioural Therapy (CBT)** for the treatment of psychosis in children and young people.

Antipsychotic medication is the standard treatment offered to people with psychosis. Antipsychotics have been proven to be helpful in reducing symptoms for some people.

CBT is designed to help people think about their problems in a way that causes them less distress and helps them learn new ways of coping with their problems.

A combination of CBT and antipsychotics has also been shown to be helpful for people who are experiencing psychosis.

What will happen if I choose to take part?

- 1 We will **discuss the study** with you and send you some more information and give you more time to think about it. It is your choice to take part or not.
- 2 We would talk to your care coordinator or doctor at this stage.
- 3 We will then offer you an appointment to **check in more detail that you can take part**. This will involve answering some questions about your experiences, filling in some questionnaires and a physical health check including weight, height and a blood sample.

4 Following this you will be **randomly allocated to ONE** of three treatments:

Psychological Intervention

Up to 30 sessions of CBT and 6 sessions of family intervention (optional) over 6 months

Combination of both

A combination of both psychological intervention and antipsychotic medication as described

Antipsychotic Medication

You and your responsible clinician will choose an individual antipsychotic that will best suit you.

- 5 Plus, all participants will be invited to a **research assessment on 3 more occasions** at 3, 6 and 12 months.