



## Extended Research Article

# Team-based motivational engagement intervention in young people with first-episode psychosis: the EYE-2 cluster RCT with economic and process evaluation

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## Plain language summary

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## Plain language summary

**A**round 7500 young people in England develop psychosis every year. Early intervention can improve long-term outcomes but 25% of young people drop out of services each year. The study aimed to find out if the Early Youth Engagement-2 approach would increase the time people stayed with the service and improve mental health outcomes. The Early Youth Engagement-2 approach includes a website, booklets and other resources to support young people and families; and a training programme for staff on how to work using 'motivational' techniques and social approaches.

The study compared two groups, one who received the Early Youth Engagement-2 approach and another who received standard support across five sites. A total of 1027 people between 14 and 35 experiencing their first episode of psychosis were included in the study.

We found no differences between the two groups for drop-out, service use or mental health outcomes, but we did find that the number of young people who disengaged was much lower than expected based on previous research. Possible reasons for the lack of difference between the groups included better-quality teams, short follow-up times, strict definitions of drop-out and first-episode psychosis, high staff turnover, COVID-19 and the way data were collected. It is also possible that more targeted use, instead of a whole team approach, might have better outcomes.

While our cost-effectiveness analysis carried some uncertainty, our best estimates showed that in 1027 people, the Early Youth Engagement-2 approach lowered the overall mental healthcare cost, on average, without detriment to mental health outcome, due to lower unplanned nights in hospital, crisis and Mental Health Act contacts. We had a small sample of 232 people for our analysis of wider social outcomes, so we must be very cautious about these results, but they showed some evidence that Early Youth Engagement-2 was linked to more days in education, training, employment and stable accommodation.

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