



## Extended Research Article

# Treatment effect modifiers of cognitive behaviour therapy in people with psychosis: an individual participant data meta-analysis of RCTs

Filippo Varese,<sup>1,2\*</sup> Maria Sudell,<sup>3</sup> Anthony P Morrison,<sup>1,2</sup> Eleanor Longden,<sup>1,2</sup> and Catrin Tudur Smith<sup>3</sup> on behalf of the IMPART Consortium

<sup>1</sup>Division of Psychology and Mental Health, School of Health Sciences, Faculty of Biology, Medicine and Health, Manchester Academic Health Science Centre, Zochonis Building, University of Manchester, Manchester, UK

<sup>2</sup>Greater Manchester Mental Health NHS Foundation Trust, Manchester Academic Health Science Centre, Manchester, Research & Innovation Office, Prestwich, Manchester, UK

<sup>3</sup>Institute of Population Health, University of Liverpool, Liverpool, UK

\*Corresponding author [filippo.varese@manchester.ac.uk](mailto:filippo.varese@manchester.ac.uk)

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## Plain language summary

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## Plain language summary

Psychosis, a mental health condition which can include experiences such as unusual beliefs and hearing voices, can cause great distress and be very difficult to cope with. Treatment guidelines in the United Kingdom and abroad recommend cognitive-behavioural therapy, a type of talking therapy that supports people with psychosis to change the way they think about and react to their experiences. However, while research has shown that cognitive-behavioural therapy can reduce psychosis symptoms for some people, its effectiveness seems to be mixed. For example, some studies show cognitive-behavioural therapy is very useful for psychosis patients, while others find it has little impact compared to other types of mental health support. Some of the differences found in these studies could be explained by the types of participants who took part in them (e.g. their age, gender, ethnicity and how challenging their mental health difficulties are). Another explanation might be the type of cognitive-behavioural therapy they received (e.g. how many therapy sessions they had, or whether they were offered group therapy or individual appointments).

Understanding more about these differences can help to explain who cognitive-behavioural therapy is most helpful for. We therefore invited researchers from across the world to share their results from these studies with us so we could look at them in more detail. We then combined the results together to see (1) if there are groups of patients who are more likely to benefit from cognitive-behavioural therapy, and (2) if there are ways of running cognitive-behavioural therapy sessions which are more effective. However, our findings suggest that the types of participants, and the types of cognitive-behavioural therapy, did not affect how helpful cognitive-behavioural therapy can be. In line with current treatment guidelines, this shows that people with psychosis should continue to be offered cognitive-behavioural therapy no matter what their social or mental health background is.

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## This article

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