

Welcome

Welcome to the second issue of the ADEPT-2 newsletter - our chance to update you on the study and thank you for your contribution.

Whether it's expressing an interest in the study, completing questionnaires, attending Guided Self-Help (GSH) appointments or accessing NHS support for depression (Usual Care), all your contributions are vital to the outcome of the study.

Thank you for choosing to be part of this research, we could not do it without you!

The ADEPT-2 journey so far

We want to share some fantastic news about how far we have come in our research journey. It's been a little over a year since the first person decided to join ADEPT-2, and we have come a long way. We're now only 52 people away from reaching our target of 248 participants. We are very proud to be part of a study where our participants are so engaged. On the right-hand side of this page, you can track the progress of our study.

We celebrated a major achievement this August, with the first participant successfully completing their 52-week follow-up questionnaire. This marks an important step forward in our study.

As we move forward in the study, we've been making improvements to make it even better. We've been working closely with our Autism Advisory group (they even helped us write this newsletter!), and their valuable input has been instrumental in shaping the study.

ADEPT-2 team news



In March, the ADEPT-2 central study team joined an exciting Research & Development Conference in Bristol. The theme of the conference was Moving Research Forward Together. Our trial manager, Holly Mckeeon, and lead research assistant, Karolina Slowinska, presented an overview of the ADEPT-2 trial while explaining how different aspects of the study have been designed with the support of the autism advisory group. We were delighted to present the study with fellow researchers and participants, and thrilled to see everyone's interest in ADEPT-2.

The highlight of the conference was the Service User and Carer Panel, where participants from different trials along with their carers, shared their experiences of taking part in a clinical trial.

As of 27.10.2023

550 people have expressed an interest in taking part

199 people have agreed to take part

117 participants have completed their 16-week follow-up questionnaire

67 participants have completed their 32 week follow-up questionnaire

AUGUST 2023 first participant completed their 52 week follow-up questionnaire

Target Recruitment:
248

Why your involvement is important

As we continue this journey together, we want to assure you that your contributions are making a real difference. It is your feedback and hearing about your experience that will help us to answer whether GSH will benefit autistic adults experiencing low mood/depression compared to Usual Care. This is why we send you questionnaires at regular intervals.

We want you to know that your responses to the questionnaires are valuable to our study, no matter which group you have been randomly assigned to. Hearing from everyone will tell the full story about the impact of GSH and Usual Care and help us to better inform healthcare services about the best way to help autistic people who are experiencing low mood or depression.



ADEPT-2 is trying to help those on the spectrum to have something more suitable to help with depression and symptoms of depression."

ADEPT-2 participant

When you can expect to receive your questionnaires

We will send questionnaires to you at the following times. We will make sure to send them according to your preference (for example, by email if that's your preferred mode of communication)

- 16 weeks after you joined the study
- 32 weeks after your joined the study
- 52 weeks after you joined the study



Some helpful information about our questionnaires

- **No right or wrong answers:** There are no "right" or "wrong" answers. If you are ever unsure how to respond, just choose the response that comes closest to your experience.
- **Missed questionnaires:** If you ever forget or can't complete a follow-up questionnaire, don't worry. We would still really appreciate it if you could complete the next one when you can.
- **Need assistance? We are here to help:** If you ever need some help to complete the questionnaires, you can ask for help from a friend, family member, or carer. Alternatively, we are more than happy to arrange a telephone or video call to talk through the questions. If that would be helpful, let us know (see contact details at the bottom of the final page).
- **A token of our appreciation:** As a thank you for your participation, we will send you a £10 voucher each time you return a completed questionnaire.

Update from our site teams

ADEPT-2 is happening across England and Wales in 7 different regions:

South West England, West Midlands, East Midlands, North East of England, North England, and Wales. We thought it would be good to find out what is happening in one region in a bit more detail.



Avon and Wiltshire Mental Health Partnership NHS Trust.

It's been really lovely working on and supporting the ADEPT-2 Study over the last year, and we're looking forward to the next few months as we round off recruitment. The study team has been so supportive and friendly throughout, and it's great to see feedback from our participants taken into consideration to improve the next person's experience of taking part.

Here in AWP, we're keen to ensure that the opportunity to take part in ADEPT-2 is as accessible and equitable as possible. In order to do this, on top of working closely with our Autism Diagnostic Services across the Trust, we have just launched our Everyone Included mail-out initiative. Everyone Included allows us to reach a wide ranging audience of service users in the Trust (current or previous) by sending a letter of invitation about the study. Service users are able to opt out of hearing about research opportunities if they wish, but provides a platform for them to hear about research where they may not have heard about it elsewhere (i.e. through their care coordinator or care team).

We have been fortunate to be able to accommodate seeing both service users within AWP and outside of our geographical area. We have enjoyed meeting with participants and enabling their participation in ADEPT-2, and now with Everyone Included, we're excited to be able to offer this opportunity to participate in ADEPT-2 more broadly to those within the area covered by AWP to try and improve equity of access to research within our local patch.

Get in touch

For further information, please contact us or visit our website.



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FUNDED BY

NIHR | National Institute for
Health and Care Research

This study is funded by the NIHR HTA Programme (Ref 132343).
The views expressed are those of the author(s) and not necessarily those of the NIHR
or the Department of Health and Social Care.