



Behavioural Activation for Young people with depression in specialist child and adolescent mental health services

Participant Information Sheet: Young Person (11-15)

Can Behavioural Activation (BA) help young people with low mood?

We are looking for young people to join a research study.

The research is looking at different therapies to help young people with low mood.

Before you decide if you want to join, we want to tell you a bit more about what we are doing.

Please read this leaflet carefully. You may want to talk to your family, friends, teachers about it.

What is this study?

Everybody feels **sad at times** but for some people this can go on for a long time and make life very hard. This is sometimes called 'low mood' or 'depression'. Lots of young people **experience low mood** which makes them feel sad and not want to take part in activities they usually enjoy. **Behavioural Activation (BA)** is a type of therapy for people with low mood. BA helps people feel better by **encouraging them to do more activities**. We know that BA can work for adults with low mood, but we need to find out if it can also help young people. We have developed a new version of BA and would like to see if it works as well as other treatments usually offered to young people.

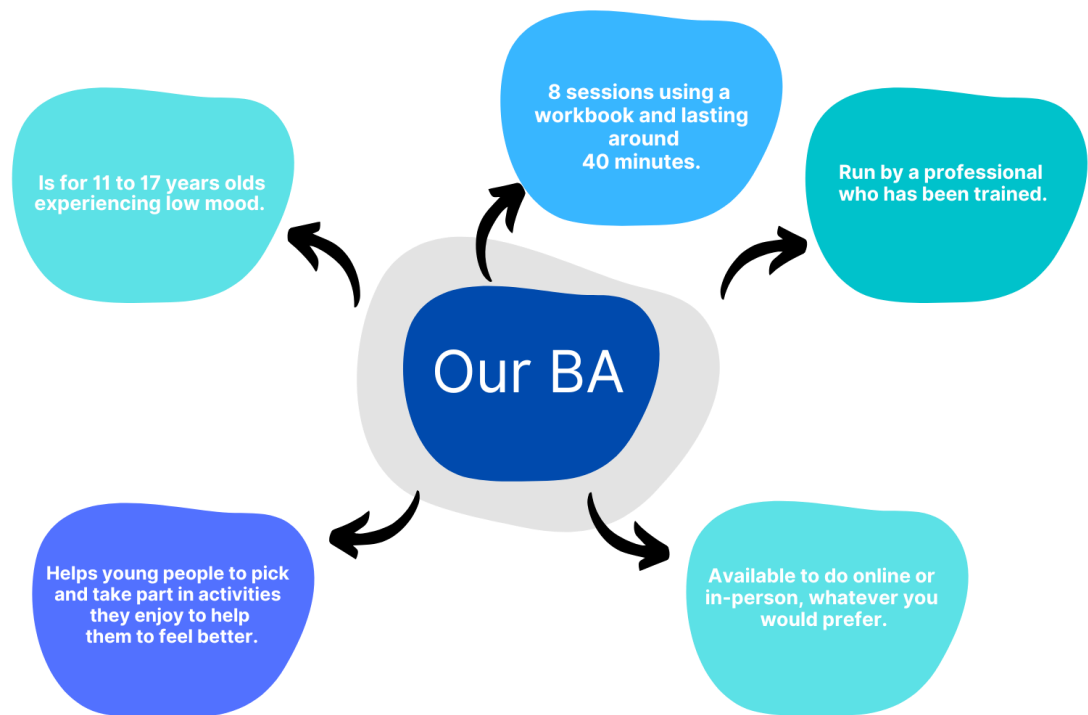


Why have I been asked to take part?



We have asked you to take part because you are aged between **11 and 17 years** and experiencing low mood. We are hoping that around **528 young people** across England will take part in the research.

What is BA like?



What will the treatment I receive be like?

To see if our BA is helpful, we would like to **compare** this to other support that is usually offered to young people. If you choose to take part, you will **either**:

receive **BA plus information on depression (psychoeducation, PE) and the usual support from CAMHS** (e.g. another therapy, extra support if you are struggling, etc);

OR:

PE and the usual support from CAMHS.

If you receive **BA**, you will be offered 8 sessions and you can choose to do this **online or in-person** with your therapist. If you receive BA, your therapist might ask you if it's okay to **audio record the session**. You can decide on the day and it is completely up to you.

Do I have to take part?

No, **it is up to you**. If you don't want to take part, you might be asked why not but you don't have to answer this question. If you decide to take part and then change your mind that is fine, **you can stop** whenever you want. We will ask you about how you got on with the study, but **you do not have to tell us why** you want to stop.

What will I have to do?

If you choose to take part in the study, you will agree to **receive the support** that you are offered. You will also need to **complete some questionnaires up to 4 times over 2 years** with the researcher and **may be invited for an interview** if you are happy to do so. The questionnaires will be about your **mood, your use of health services and your strengths and difficulties**.



We think this will last 60-90 minutes. You will be asked to answer some extra questions about your mental health after this, which could take up to 90 minutes. If you want to,

you can see the researcher for a second appointment to do these questions.

If you want to take part, you will be asked to complete a short questionnaire. If we think the study is **suitable for you**, you will be asked to **complete a form** to say that you agree to take part.

What are the risks of taking part?

We do not know of any risks of BA or of usual care. However, if you find that your mood has got worse, **please tell an adult straightaway** like a parent, carer, teacher, or another professional.



The clinician who gives you support during the research will be able to **offer you extra help if you need it**. If the research team or the clinician felt that you no longer could take part in the study at any point for any reason, you would be asked to stop. If this happens, **they will talk to you** (and a carer as well). However, any data already collected would be kept.

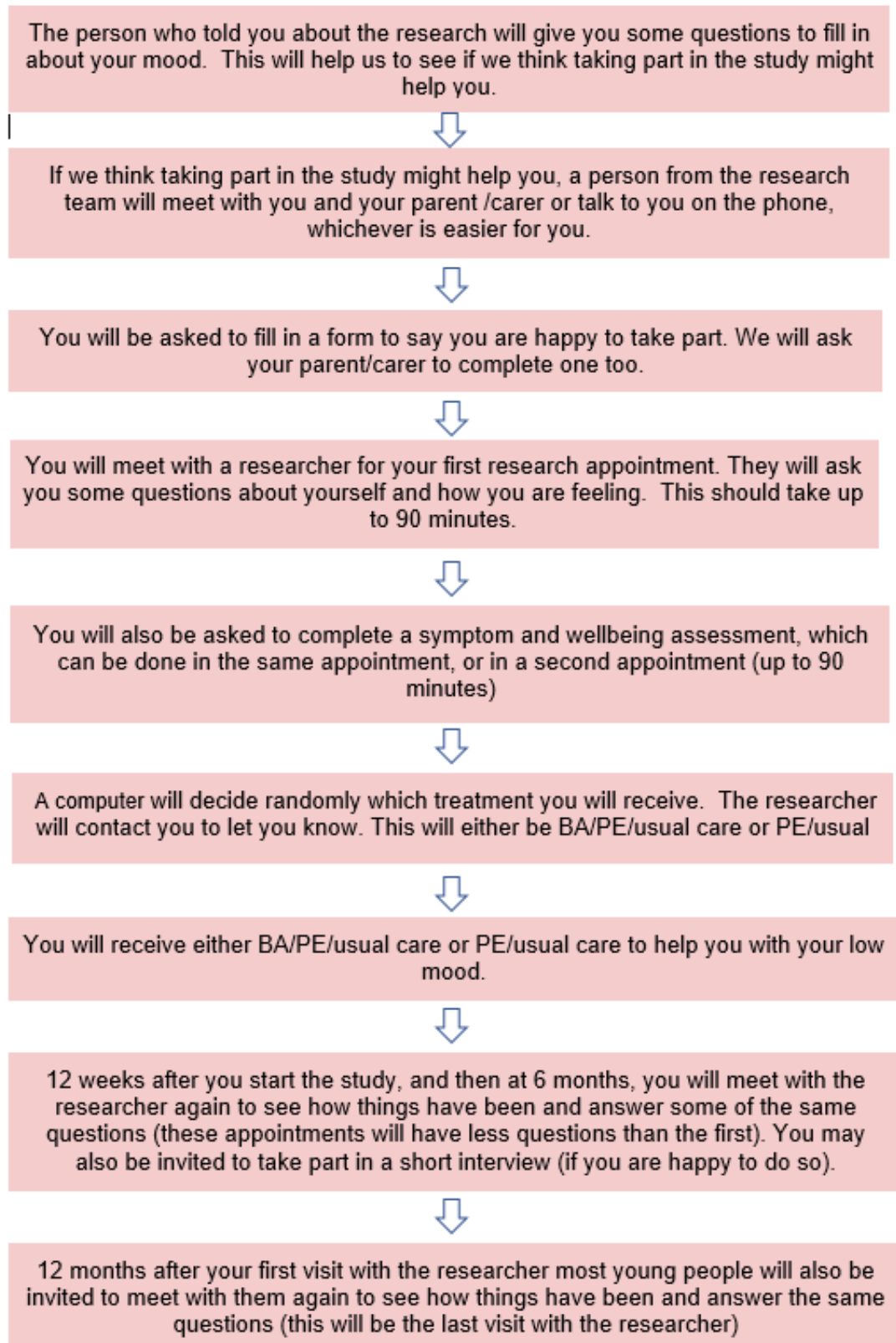
Is the study private?

Yes! Any information you give us **will be kept private**. We will not use your name in anything when we write about the research. Once we have all the findings they will be **published in a medical magazine**, but you will not be mentioned at all anywhere. If you tell us that you would like to know what we find in the research, we will send you a **summary of the findings** when we have finished. All the information we collect during the study will be kept very safely.



If we are worried about your safety, the researcher will have to tell your carer or a professional like someone from CAMHS or your GP. If you are no longer in services and are under 16, and we are worried about your safety, we may need to talk to your carer and give advice about where you can get more help.

What will happen if I take part?





Will I get anything for my time?

As a **thank you** for taking part, you will get £30 for the first appointment, which will be the longest assessment. You will then receive:

- £15 at 12 weeks
- £20 at 6 months
- £15 at 12 months.

Who is conducting the research?

Researchers at the **Department of Health Sciences, University of York** are conducting this work with **Greater Manchester Mental Health NHS Foundation Trust** who are the sponsor for the study. Professor Bernadka Dubicka is the lead researcher.

Who can I contact if I want to learn more about this research?

If you have any questions about the study, you can talk to the person who gave you this leaflet, who is the **researcher working with CAMHS**. You can also talk to this person if you are **worried about the study**. If you would like to talk to a member of the BAY study team please contact the BAY research team, email: bay-project@york.ac.uk.



Thank you for reading this. If you have any questions, please ask.

THANK
YOU!

A yellow pencil with a pink eraser and a sharpened lead tip is positioned horizontally above the words 'THANK YOU!'. The words are written in a bold, black, hand-drawn font. The exclamation mark is yellow.