Antidepressant for the prevention of DEPression following first episode Psychosis trial

[Trust Logo/s]

Short Summary

This is to tell you about the ADEPP study that is running in your area. If you would like to know more or take part after reading this then please contact a member of the research team

What is the study about? First Episode Psychosis (FEP) is when someone experiences psychosis symptoms (for example unusual thoughts or voices or visions) for the first time. Standard NHS care helps to treat symptoms of psychosis, but people may still struggle to return to previous social and work roles. We think this may be related to depression experienced after FEP.

This study aims to find out whether an antidepressant medication (sertraline) can reduce the risk of depression happening at all after FEP, and whether preventing depression can improve recovery.

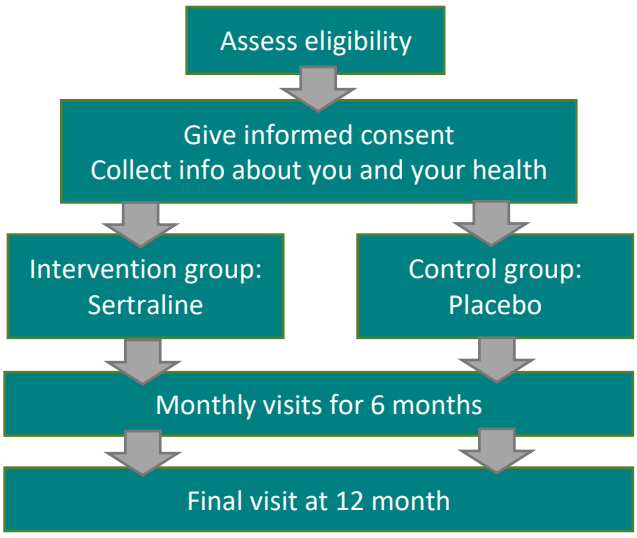
We believe you may be eligible to take part in this study because you have started treatment for FEP in the last 12 months. We would still need to check your eligibility to see if you can take part.

Who are we? This trial is run by the University of Birmingham, and it is funded by the National Institute for Health Research.

Why is this a trial? It is important that any new way of managing FEP is effective and evaluated. Prescribing sertraline to patients with FEP is not common in the NHS. This is a trial to see if taking sertraline for the first 6 months as a preventative measure can reduce the chances of depression. This can only be tested as part of a trial where some people get sertraline and some do not, and results are compared.

What happens in the trial?

- The research team will assess whether you are eligible to take part (screening).
- You are only included in screening and the main study if you formally agree to take part (give "informed consent").
- After consent, you will be asked some questions about you, your health and your medical history.
- If eligible, you are then randomly allocated to one of two groups. There is a 50:50 chance that you may or may not get sertraline.
- We will visit you monthly for 6 months and then once at 12 months to ask you how you have been, plus a blood sample taken at 1 month only. If necessary these visits may be done by phone or video call.



Do I have to take part? No, this is entirely up to you. Taking part is voluntary. You do not have to take part if you do not want to. It will not affect your standard care in any way. There is a £40 reimbursement for your time at the first visit and a further £20 at month 1, month 6 and month 12 visits .

What can I do next? If you think you might be interested in taking part, please contact a member of your care team and they will provide you with a screening Patient Information Sheet to read.

What will happen to my information? We will only use information from you and your medical records that we need for this study. We will let very few people know your name or contact details, and only if they really need it for this study. Everyone involved in the study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the data in case we need to check it and for future research. We will make sure no-one can work out who you are from the reports we write.

Who can I contact for further information? <insert contact details>