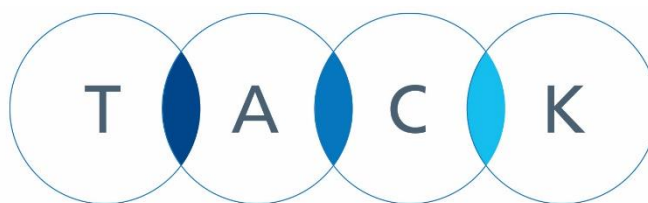


July 2022



## TACKLING CHRONIC DEPRESSION

*Since the end of the recruitment for the main trial, researchers have been focusing on improving take up of the follow-up assessments. Their efforts have paid off as we have seen an increase in the follow-up rate at all three data collection points. We have also interviewed 12 clinicians and 23 service users about their experiences of using DIALOG+ in the trial. Over 30 clinicians from Forensic, Acute Inpatient, Integrated and Occupational Health service settings have been trained in DIALOG+ to test its use in services other than CMHTs. The LEAP activities have been focused on planning dissemination, international collaboration and qualitative analysis.*

### TACK RCT progress

The TACK RCT recruitment has been closed in all sites as of 1<sup>st</sup> March 2022. All follow-ups will therefore be completed by the end of February 2023 to allow for timely database cleaning and full analysis. The final recruitment figures are presented at the end of the newsletter.

Since ending recruitment TACK researchers have been able to fully focus on increasing the rate of follow-up assessments towards the planned rate of 80%. The latest figures show that their efforts have produced some good results. As of 29<sup>th</sup> June 2022, 287 participants have completed 3-month data collection, out of 362 in total who are 3 months post randomisation (**79.2% follow up rate**). 260 participants have completed 6-month data collection out of 328 who are currently 6 months post randomisation (**79.2% follow up rate**). 38 participants are yet to reach 6-month follow-up. Finally, 12-month follow-up was completed by 156 out of 223 participants who are 12 months post randomisation (**70 % follow up rate**). 146 participants are currently being contacted about or awaiting the 12-month follow-up. We are hopeful that the planned 80% rate will be achieved for this point as more and more participants reach their final follow up point.

Data entry is also progressing well with CRFs entered for all but 4 of the completed follow-ups.

### TACK Main Trial Qualitative study

We have made a good progress with conducting qualitative interviews. So far we have interviewed 23 service users (out of 36) and 12 clinicians (out of 24) from the DIALOG+ intervention arm. The service users have been selected according to the specific sampling criteria to ensure a range of experiences related to the treatment completion, clinical and socio-demographic characteristics. We also ensured to interview clinicians with different professional backgrounds and levels of experience.

### DIALOG+ training for different care settings

As a part of the post-trial training study, the DIALOG+ intervention is being tested in routine meetings in a range of mental health settings other than CMHTs. Between March and June we trained clinicians from Forensic, Acute Inpatient, and Mental Health Integrated (MINT) Services at the West London NHS Foundation Trust, and the Inpatient and Occupational Therapy services at Essex Partnership NHS University Trust. In total, we trained 46 clinicians who will trial DIALOG+ with their patients for three months. All the trainees completed an evaluation survey and the responses will be analysed in the next few months. Upon finishing the testing period, a number of clinicians will be approached to participate in focus groups and individual interviews about their experiences with DIALOG+, particularly their training needs in their respective settings.

**6<sup>th</sup> Data Monitoring and Ethics Committee meeting**

The 6<sup>th</sup> TACK DMEC meeting was held on the 5<sup>th</sup> July 2022. There were 48 Serious Adverse Events experienced by 39 service users, mainly suicide attempts and related hospitalisations disclosed to or discovered by RAs in care notes. The DMEC members found the safety data acceptable especially taking into account the vulnerable study population and challenging circumstances during the COVID-19 pandemic.

**LEAP activities**

The 14<sup>th</sup> TACK LEAP meeting was held on 1<sup>st</sup> April 2022. The LEAP expert members were updated about the progress of the TACK Programme, the grant extension, and the LEAP activities planned for the final year. Our colleague Renata Pepl presented an update on the progress of the PIECEs project. An additional LEAP meeting was held on the 6<sup>th</sup> May 2022 to discuss planned dissemination activities in more detail. The members agreed to participate in recording DIALOG+ training videos as well as short video clips for the TACK website. The 4<sup>th</sup> qualitative training session was held on the 21<sup>th</sup> April 2022, thus completing the training in thematic analysis.

The 2<sup>nd</sup> meeting between the LEAP expert members and the PIECEs project researchers was held on 26<sup>th</sup> April 2022. The meeting focused on discussing the questions about organising and running LEAPs which the PIECEs researchers formulated in advance.

**Main trial final recruitment figures**

A total of 444 patients from 226 clinicians were consented (including those who withdrew before randomisation). Out of those we randomised 128 clinicians and 361 patients by 28<sup>th</sup> February 2022. 31 patients from 21 clinician clusters were recruited post randomisation (8.5% of total sample). We reached 96% of the overall target sample (361 out of 376).

**Predicted vs actual recruitment of service users into the main trial as of 28.Feb.2022**

