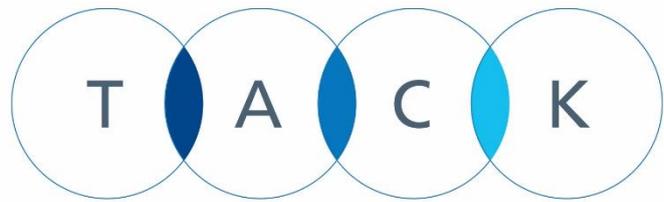


March 2022



## TACKLING CHRONIC DEPRESSION

*The TACK request for a 12 month extension was granted in January 2022, allowing for our research activities to continue until 7<sup>th</sup> April 2023. Researchers have been working hard over the last few months to finalise recruitment of service users and clinicians for the main trial. As of 1<sup>st</sup> March 2022 recruitment has ended in all 9 TACK sites and focus will move to improving the follow up rates. The experiences of participants who delivered or received DIALOG+ are currently being explored through individual interviews. Clinicians from settings other than CMHTs are being trained to test the intervention in order to adapt the training to their needs in an additional work package.*

### **TACK RCT progress**

The TACK study researchers in the 7 original trial sites finalised recruitment of participants for the main trail at the end of December 2021. The recruitment period for the two newly added sites Lancashire & South Cumbria (LANCS) and South London and Maudsley (SLaM) NHS Trusts was extended for 2 months until 28<sup>th</sup> February 2022 due to delays in identifying suitable participants and obtaining permission to contact them. Since ending recruitment TACK researchers have been able to fully focus on improving the rate of 3, 6 and 12 month follow up assessments.

A number of clusters from the DIALOG+ intervention arm completed a 12-month study delivery period between October 2021 and February 2022. All clinicians and service users from this arm were considered for participation in the Qualitative Study (WP5) and several were selected based on the previously developed sampling criteria. They were interviewed over the phone about their experiences. The responses were audio-recorded and transcribed. So far we have interviewed 8 clinicians and 10 service users.

The clinicians from both the intervention and active control clusters have been regularly extracting DIALOG+ data from their iPads at 6 and 12 months. The collected data will be analysed to explore the context of DIALOG+ delivery.

### **TACK Extension Request**

Our request for a 12 month extension to the TACK Program was granted in January 2022, with the new end date of 7<sup>th</sup> April 2023. A new variation to contract was signed off by the East London NHS Foundation Trust in February 2022, and we are now in the process of extending the collaboration agreements with all the research sites.

### **DIALOG+ training for different care settings**

As a part of post-trial project, the DIALOG+ intervention will be tested in routine meetings in a range of mental health settings other than CMHTs. The clinicians will evaluate DIALOG+ training provided and state any additional needs or support they require. Their experiences of delivery will be explored in individual interviews and focus groups. The findings will establish what kind of adjustments are needed to train and support clinicians in these varied settings.

In addition to 20 previously trained clinicians from Early Intervention Services at Kent and Medway NHS Trust, we have also recruited clinicians from the following settings: Forensic Services, Acute Services, Community Rehab and MINT services at the West London NHS Trust and Inpatient and Occupational Therapy services at Essex Partnership NHS University Trust. Our initial DIALOG+ training timeline was disrupted by Omicron variant in in December 2021. The training sessions will now be restarted and delivered over the next few months.

## 5<sup>th</sup> Data Monitoring and Ethics Committee meeting

The 5<sup>th</sup> DMEC meeting was held on 10<sup>th</sup> November 2021. 26 serious adverse events were reported for the past year, none of them related to the study. The DMEC members expressed satisfaction with the safety data presented especially taking into account the vulnerable study population and challenging circumstances during the pandemic.

## LEAP activities

The 13<sup>th</sup> TACK LEAP meeting was held on 26<sup>th</sup> November 2021. The LEAP members were updated about the progress of the TACK Programme, the request for the extension and the DMEC meeting conclusions. Our colleague Tamara Pemovska presented the findings of the IMPULSE project on the implementation of the DIALOG+ intervention in 5 countries of South Eastern Europe. The LEAP members interested in qualitative analysis attended a further training session on 10<sup>th</sup> December 2021 and have been involved in coding interviews and developing categories & themes.

## New Website

The TACK website recently migrated to a new URL, to bring it in line with the wider ELFT webpage. All information about the study can now be found at: <https://www.elft.nhs.uk/tack>

### Recruitment and Data Collection Update

**355 service users** and **126 clinicians** were recruited and randomised into the main trial as of 21<sup>st</sup> February 2022. A total of **126 clusters** have been randomised. Although these are not the final official figures, these are likely to change little during the last week of recruitment.

The overall TACK sample size was revised from 448 to 376 in summer 2021, based on the findings of the feasibility trial. Despite the best efforts of the TACK researchers we were not able to reach this figure but have managed to come close to it.

**Predicted vs actual recruitment of service users into the main trial as of 21.Feb.2022**

