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**School of Mental Health and Wellbeing**

**BOULDERING PSYCHOTHERAPY FOR DEPRESSION RESEARCH TRIAL**

**PARTICIPANT INFORMATION SHEET**

Thank-you for your interest in participating in this research trial to determine the feasibility, effectiveness and acceptability of Bouldering Psychotherapy (BPT) in the treatment of Depression in a UK population. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. If you decide to take part in this study, you will be given a copy of this Participant Information Sheet and the signed consent form to keep.

**Purpose of the Study**

Depression continues to present a challenge to people across the world, despite significant progress in treatments and many people do not respond to the treatments we have available in the NHS at this time. Because people are different, any treatment may be effective for some but not others and it is important to continue to look for treatment options to enable patients to receive the treatment that best suits their needs.

BPT has been shown to be as effective as the best psychological treatment we have (CBT) in a German/Austrian population and we wish to determine whether it could be an option for treating people with depression in the UK. This is the first such trial. It is an ‘n=1,staggered entry’ trial which means you will need to wait for up to about 6 weeks after your assessment to start treatment. This will enable us to assess how things change for you while you are waiting and compare this with the effects of BPT when you get it. This is to determine the effects of the treatment itself on your depression.

**You and your treatment**

You have sought help through the Kilmarnock Station Railway Heritage Counselling Service and chosen the ‘BPT for Depression Trial’ option. You:

 -have scored more than 8 in our Depression screening questionnaire;

 -are aged 18 or over;

 -have a height/weight BMI score between 18 and 34;

 -have not recently started antidepressant medication or another counselling treatment

 -have no medical conditions that prevent you undertaking exercise and

 -are not currently considering suicide

It is important that you are aware that participation is entirely voluntary. If you decide to take part, you are still free to withdraw at any time and without giving a reason.

Prior to entering the waiting period, you will receive a 1.5-hour assessment. This includes a psychological assessment from the study therapist (45 minutes) to help identify your goals for the therapy and answer any questions you might have and a more general assessment of your symptoms and other features (45 minutes) from a research collaborator. Towards the end of your waiting period, you will receive a call to undertake a repeat of some of the symptom measures.

The treatment consists of ten weekly 2-hour Group therapy sessions at the Above Adventure climbing centre, Kilmarnock. There will be between 6 and 10 people with two BPT therapists in a group. The therapy will involve Mindfulness and other exercises, including Bouldering, during which you will have the opportunity to link your psychological assessment with your experiences during these exercises. A typical session will start with a Mindfulness stretching warm-up, an exercise and then a period of group reflection. This group element enables people to share their experiences and learning, including how to use what you learn to make changes to improve mood and reach therapy goals. You will then be encouraged to plan how to implement this during the subsequent week.

At the end of the BPT programme, there will be a further assessment of symptom measures and a questionnaire enquiring about your views of the treatment and seeking your advice on any improvements that could be made. We would subsequently like to repeat those symptom measures via telephone, 10 weeks after the end of your treatment. The trial will end when we have completed 3 or 4 groups, depending on participant numbers groups.



**Disadvantages and risks of taking part**

The down sides of participating in this research are the administrative burden of assessment and feedback and the delay to starting treatment while you are monitored to see if your depression recovers by itself. However, the wait time to treatment for the standard service can be several weeks anyway so that makes this less of a disadvantage. Another difference is that this treatment is in a group format as opposed to a 1-to-1 with your therapist. While some might consider this a disadvantage, many people report a benefit to having shared their experience of therapy in a group.

Although early research tells us that this is an effective treatment, we may find that it is not effective and your depression may not benefit from it. Any psychological intervention requires some reflection about your experiences. This may result in an increase in distress if you are someone who tends to avoid thinking about your life experiences and negative thinking patterns. Bouldering is, in itself, a risky activity and there are a number of safety rules you will have to abide by. The trial of this therapy conducted in Germany/Austria did show some injury-related drop-outs from the programme. However, these were all a consequence of injuries arising during other activities such as cycling and accidents in the home. Furthermore, this programme is not directed towards bouldering achievements (where people might push themselves too far) but rather the focus is on the experience of bouldering and what it tells you about yourself and your journey to recovery.

**Possible benefits of taking part**

There are a number of areas that this therapy addresses that are not usually covered in a standard treatment for depression package. Many people with depression also suffer from poor physical health. Bouldering Psychotherapy helps people connect with their own physical self and promotes healthy changes to people’s lifestyle. This change in habits will also promote recovery from Depression in the longer term and help people to stay well. Bouldering is a healthy activity in its own right and is recommended by the NHS Scotland wellbeing website for its benefits to physical and mental wellbeing. Finally, many people report a positive impact on their self-esteem from supporting research activities: it may also help other people and you will contribute views that can help shape the delivery of this treatment in the future. This trial is currently the only way in the UK to access treatment with Bouldering Psychotherapy.

**Confidentiality**

All personal information collected about you (e.g., your name and contact details) will be kept confidential (i.e., will not be shared beyond the study team) unless required by law or relevant regulations (e.g., for the purpose of monitoring the safety of this study).

You will be identified by an ID number and any information about you will have your name and address removed so that you cannot be recognised from it. Please note that assurances on confidentiality will be strictly adhered to unless evidence of serious harm, or risk of serious harm, is uncovered. In such cases, the University may be obliged to contact relevant statutory bodies/agencies.

Any data in paper form will be stored in locked cabinets in rooms with restricted access at Ayrshire and Annan Health Board premises. These will be transferred to electronic format at the earliest opportunity and paper copies securely destroyed. The electronic data will be stored on secure password–protected computers at the University of Glasgow. No one outside of the research team or appropriate governance staff will be able to find out your name, or any other information which could identify you.

**General Data Protection Regulation (2018) – looking after your electronic data**

We are collecting and storing identifiable information from you in order to undertake this study. This means that the University is responsible for looking after your information and using it properly. Your anonymised data collected during this study will be archived in a data repository so that it can be used for future research and learning.

Your rights to access, change or move the information we store may be limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible. You can find out more about how we use your information from Steve Moorhead, the Principal Investigator on 07833095291.

Researchers from the University of Glasgow collect, store and process all personal information in accordance with the General Data Protection Regulation (2018).

**Sharing Research Findings**

The purpose of undertaking the research is to determine whether patients in the UK can benefit from the treatment or not. It is our intention to publish our findings so that other researchers may build upon them and governmental and Health Board decision-makers may opt to include the treatment in their offer to patients if it is successful. It can take several years for research findings to reach publication and, at the end of your participation in the trial, you may ask for your contact information to be held separately so that you may receive a copy of the final published papers. Because we will be seeking your views and opinions, your feedback may be recognisable to you in the form of quotations in these papers. These will not be linked to your identity in any way.

**Who is organising and funding the research?**

There are a number of costs associated with running this trial and the researchers have borne most of these themselves. Above Adventure Climbing Centre has contributed free use of the therapy room. The research is registered with the Ayrshire and Arran Health Board, where the Principle Investigator (Dr Steve Moorhead) is employed as Consultant Medical Psychotherapist. It is being run from the University of Glasgow where the Principle Investigator is an Honorary Senior Lecturer. The project has been reviewed by the University of Glasgow College of Medical, Veterinary & Life Sciences Ethics Committee.

**Contact for Further Information**

Principle Investigator, Dr Steve Moorhead: 07833095291; steve.moorhead@aapct.scot.nhs.uk

**Thank-you once again for your interest in Bouldering Psychotherapy for Depression and for taking the time to read this information sheet.**