Making Improving Access to Psychological Therapies Research Ready (IAPT-RR)

An Information Booklet

For Researchers Undertaking

NIHR Clinical Research Network (CRN) Portfolio Studies.

Foreward

When the Coventry and Warwickshire Partnership Trust (CWPT) IAPT service was launched in October 2009, we realised that it had the potential to provide researchers with access to a large pool of NHS patients. With generous funding from West Midlands (South) CLRN, we have been able to put in place the infrastructure to support this. Our ambition was to make IAPT 'research ready' (hence IAPT-RR) by employing specialised research staff, knowledgeable both in IAPT and NIHR research management.

The main aim of the IAPT-RR service is to provide a comprehensive resource for those undertaking NIHR portfolio research. The most important thing that we do is provide rapid access to large numbers of current and former users of IAPT services in Coventry and Warwickshire. One of the ways we are doing this is by training all of our staff in how to present opportunities for participating in research to service users.

We anticipate that this resource will be of most interest to those undertaking mental health studies. However, it is important to note that the very large numbers of IAPT service users would also lend themselves to research on physical health (and long-term conditions, which are highly prevalent among people with anxiety and depression), wellbeing, and employment. The IAPT database, IAPTus, currently holds client demographics as well as information on presenting problems, co-morbid long-term conditions and psychological and lifestyle measures. The database can be readily searched to meet individual study needs.

We hope that you find this booklet about our new initiative informative and helpful. And please do get in touch with the IAPT-RR team if we can be of help, or if you would like to know more about our service.

Professor Scott Weich

The IAPT-RR Partnership Group

Coventry and Warwickshire Partnership Trust (CWPT); West Midlands (South) Comprehensive Local Research Network (CLRN); Improving Access to Psychological Therapies (IAPT); Coventry and Warwickshire Mind.

The CWPT IAPT Service is funded by NHS Coventry and NHS Warwickshire and operates in partnership with Coventry and Warwickshire Mind. The CWPT IAPT-RR Service is funded by West Midlands (South) CLRN. The CLRN forms part of the NIHR Clinical Research Network (NIHRCRN).

The IAPT-RR Steering Group

Professor Scott Weich, Professor of Psychiatry, R&D Lead, Coventry & Warwickshire Partnership Trust.

Dr Amanda Gatherer CPsychol, Service Manager, IAPT Coventry & Warwickshire Partnership Trust.

Dr Mike Graveney, Consultant Public Health Physician, Honorary Associate Clinical Professor, Health Sciences Research Institute, Warwick Medical School.

Professor Louise Wallace, Professor of Psychology and Health Director, Applied Research Centre, Health & Lifestyles Interventions, Faculty of Health & Life Sciences, Coventry University.

Dr Kay Wright, Research Counselling Psychologist, R&D Department, Coventry & Warwickshire Partnership Trust.

What is IAPT-RR?

IAPT-RR is a new service led by specialist research staff who are knowledgeable about IAPT services and NIHR research management.

We now:
- Provide training to all IAPT staff in research methods and practice, with a focus on how to recruit participants to studies.
- Ask all new IAPT clients (around 1,000 per month) if they would be willing to provide consent to be contacted by researchers.
- Employ clinical researchers to assist portfolio study holders in recruiting participants, and to help in data collection.
- Use the IAPT database (IAPTus) to identify and access research participants.

IAPT-RR has one principal aim: to provide a comprehensive resource for those undertaking NIHR portfolio research among current or former users of IAPT services in Coventry and Warwickshire. The support that we offer starts with help in drafting funding applications, and includes support in obtaining ethics and R&D governance as well as identifying and recruiting research participants.
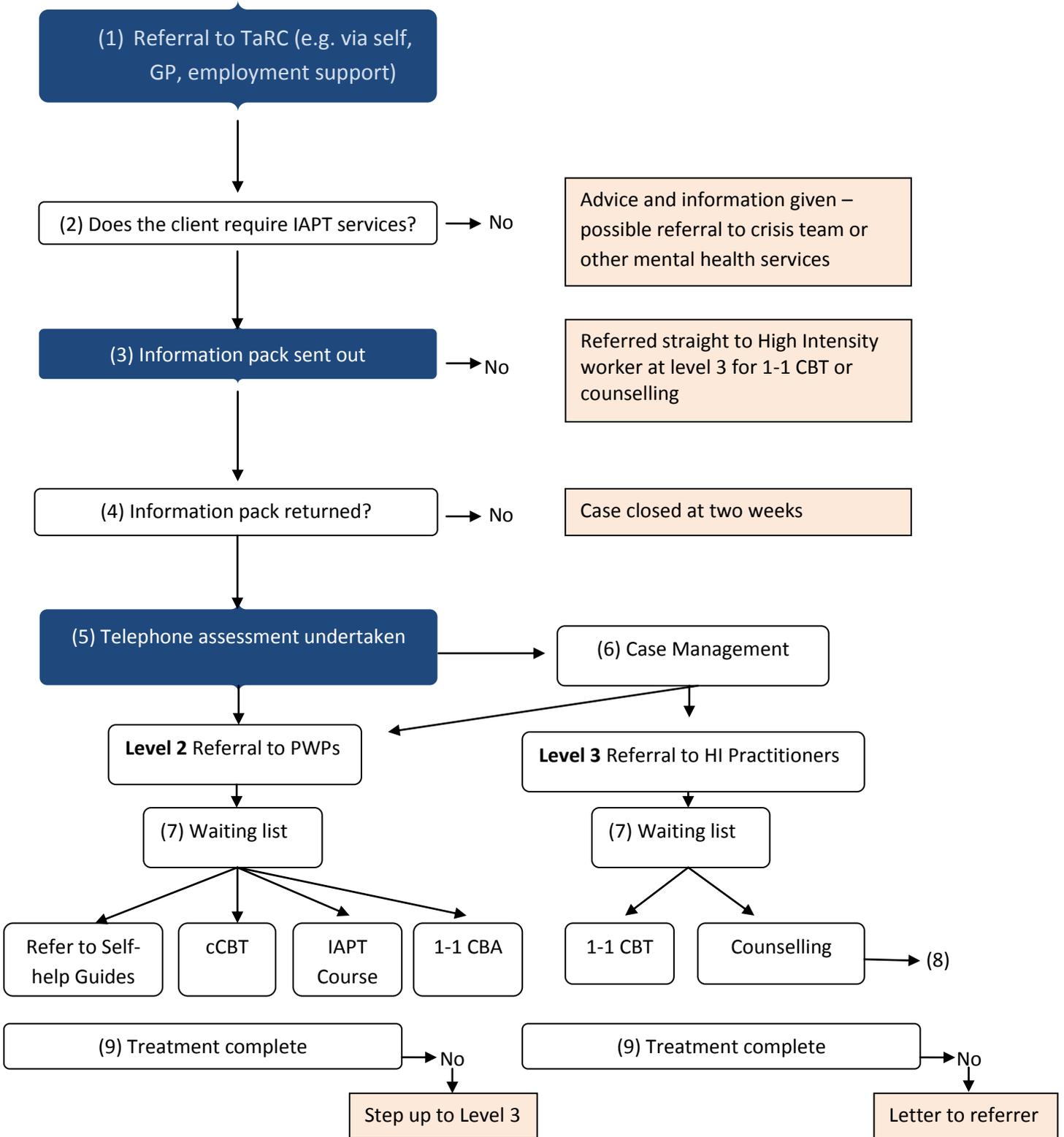
Who can IAPT-RR help?

IAPT-RR can support you if:

- ✓ You are thinking of developing a research project and want support with the design.
- ✓ You have already designed your study and want support obtaining ethical and R&D governance approval.
- ✓ You have already obtained funding for your study and want support registering it for inclusion on the NIHR Clinical Research Network (NIHRCRN) Study Portfolio Database.
- ✓ Your study has 'in set-up' status on the NIHRCRN Study Portfolio Database and you want support with recruiting participants.
- ✓ Your study is open on the NIHRCRN Study Portfolio Database and you want additional support with recruiting participants.

How can IAPT-RR help you?

We can support your new application for research funding and also provide support with your current portfolio studies by:

- Putting you in touch with our R&D staff who are specialists in study design and research governance, and who can help you to write your grant proposal and obtain research ethics and R&D governance approval.
- Providing you with information from our client database (IAPTus) that includes details of presenting problems, psychological and lifestyle measures and co-morbid conditions (eg diabetes, COPD, cardiovascular problems, and stroke). IAPTus can also provide you with details of potential control participants.
- Providing you with access to our service user group who will help to ensure that recruitment procedures are sensitive to the needs of those being recruited, and encourage other service users to take part.
- Providing you with a detailed description of all local IAPT services, care pathways and throughputs, to support applications for funding.
- Helping you with the reporting of accruals.

Coventry & Warwickshire IAPT Client Pathway

(1) Referral to TaRC (e.g. via self, GP, employment support)

(2) Does the client require IAPT services? → No → Advice and information given – possible referral to crisis team or other mental health services

(3) Information pack sent out → No → Referred straight to High Intensity worker at level 3 for 1-1 CBT or counselling

(4) Information pack returned? → No → Case closed at two weeks

(5) Telephone assessment undertaken → **(6) Case Management**

Level 2 Referral to PWPs

Level 3 Referral to HI Practitioners

(7) Waiting list

(7) Waiting list

Refer to Self-help Guides | cCBT | IAPT Course | 1-1 CBA

1-1 CBT | Counselling → (8)

(9) Treatment complete → No → Step up to Level 3

(9) Treatment complete → No → Letter to referrer

How can you access patient information for research purposes?

Our research assistants can analyse the data input into IAPTus. So, for example, we could tell you how many IAPT clients in service are aged between 16 and 25 years; how many clients scored 10 or more on the PHQ-9 scale for depression at assessment; how many male clients in service are out of work because of their presenting problem; and how many clients have a co-morbid condition and what that condition is.

The information stored in IAPTus is taken from returned information packs (see Care Pathway, stage 3). The information packs ask clients to provide demographic information, including accommodation and employment status, and details of the presenting problem. Clients are also asked to complete the PHQ-9 measure for depression, the GAD-7 measure for anxiety, the IAPT Phobia Scale and the Work and Social Adjustment scale. PHQ-9 scores and session details are added to the database following each presentation during the treatment process.

This database can be adapted to record additional information that meets individual study needs.

At what stages in the care pathway can you gain access to participants and participant data?

Recruiting participants

Clients on the waiting list (stage 7) who meet researchers study inclusion criteria, and who have already given their consent to be contacted, can be approached by holders of portfolio studies and members of the IAPT-RR team.

Clients who are receiving treatment can be recruited by IAPT Personal Wellbeing Practitioners (PWPs) and High Intensity therapists (HIs) who have a working background in mental health, and have been trained by the IAPT-RR team in research methodology and practice. They can provide support in the data collection process by, for example, distributing questionnaires to their clients during group and 1-1 sessions.

Clients who have completed treatment (stage 9) can be contacted by researchers and IAPT-RR staff if they have given consent.

Accessing data

Data can be accessed and analysed when patients have completed and returned information packs to the IAPT Telephone and Referral Centre (TaRC) and the responses have been recorded in our IAPTus database (stage 4). During the telephone assessment (stage 5), additional data requested by researchers can be collected and input.

This means that we can not only provide researchers with a list of patients who meet their study inclusion criteria for participation, but these clients will have already given their consent to be contacted by researchers.

IAPT-RR

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