

Our ref: «TrialCode»Qual

<insert sender name and address>

Date:

Dear

**REEACT: Invitation to be part of an interview study.**

Thank you for completing your follow up questionnaires for the REEACT study. We would now like to offer you the opportunity to be interviewed by a member of our research team. The interviews are entirely voluntary; if you would prefer not to take part, simply disregard the letter, and a member of your local research team will contact you regarding your next follow up as already arranged.

**We are conducting the interviews to help us better understand your experience of using computerised therapy. The interview will give you the chance to tell us what you thought about the computerised therapy, and whether you thought it was helpful or not. It is important to us to hear about both good and bad experiences. Even if you did not use the programme at all, it is very helpful for us to hear about why you didn't use it, or what would have helped you get more out of the programme.**

Please find enclosed an information sheet which will help you decide if you would like to take part in an interview. The interview will be conducted privately, with only you and the researcher present. We will record the interview so that we can write it up later, but this will be kept confidential.

If you are interested in hearing more about the interviews, please complete the slip on the next page, and return it in the prepaid envelope. I will then get in touch with you, to discuss the study further and answer any questions you may have. You can also contact me directly on <insert telephone number> or email <insert email address>

If you have any queries about any other aspect of the trial, you can contact your local researcher, <insert researcher name> on <insert researcher contact details>.

We very much appreciate your help with this study and thank you for taking part.

Kind regards

<insert sender details>

## Permission for Researcher Contact – Interview Study

I may be interested in participating in the REEACT interviews. I have filled in my contact details and I understand that *<insert researcher name>*, from the REEACT team in Manchester, will now contact me. This will enable her to explain the interview study in more detail so that I can then decide whether or not to take part.

(BLOCK CAPITALS PLEASE)

Name: .....  
Mr/Mrs/Miss      Forename      Surname

Address: .....  
.....  
.....

Postcode: .....

Tel No: .....

Mobile No: .....

Email: .....

How would you prefer to be contacted (please circle)?      Telephone/ Mobile/ Email

At what time of day would you prefer to be contacted (please circle)?      Morning/Afternoon/ Evening/ Don't Mind

...../...../20.....  
Signature of patient      Date

Please post this form to the Manchester research team in the enclosed stamped addressed envelope. Thank-you.

# Computerised Cognitive Behaviour Therapy for Depression

## Patient Information Sheet: Interviews

We would like to invite you to take part in an interview with a researcher, as part of the REEACT study. Before you decide it is important for you to understand why the interviews are being done and what it would involve for you. Please take time to read the following information carefully. Feel free to discuss the study with your family, friends or GP.

**Ask us if there is anything that is not clear or if you would like more information. Our contact details can be found on Page 2. Take time to decide whether or not you wish to take part.**

### **What is the purpose of the interview?**

We are organising the interviews as part of the REEACT research study. In the REEACT study we are comparing two different types of computerised Cognitive Behaviour Therapy (CBT) plus usual GP care with usual GP care alone for people with depression. The purpose of the interview is to understand your experiences and thoughts about the treatment that you received.

### **Why have I been invited?**

You are being invited as you have taken part in the REEACT study. We are interested in finding out your views on the treatment you received.

### **Do I have to take part?**

It is up to you to decide. We will discuss the interview with you and give you a copy of this information sheet to keep. You do not have to take part and this will not affect the standard or type of care you receive.

### **What will happen if I choose to take part?**

The interview involves having a discussion with a member of the local research team, so that we can hear about your opinions and experiences of the treatment. If you agree to take part, a member of the team, who is experienced in conducting interviews, will contact you to arrange a convenient time for the interview to take place. The interview can be done at your home, or at the University if you would prefer. The interview will take around an hour to an hour and a half. The researcher will ask you some questions about your experiences of the trial and the treatment you received. The questions are to help us understand your experience, from your

point of view. You are free to say as much or as little as you like. We will also give you the opportunity to bring up any issues that you think are important. We will tape-record the session and type it up to make sure that there is an accurate record of the discussion.

## **Expenses**

We are able to offer reimbursement for any money that you spend when travelling to and from the interview session.

## **What are the possible risks of taking part?**

Some people may find discussing their experiences of depression and its treatment upsetting. You do not have to answer any questions that you do not feel comfortable answering.

## **What are the possible benefits of taking part?**

You may or may not experience some benefit from taking part in the interview. The interview will give you the opportunity to discuss your experiences and this may be helpful to you.

## **What if there is a problem?**

If you have a concern about any aspect of the interview study, you should ask to speak to the researcher, *<insert researcher name>*, who will do their best to answer your questions *<insert contact details>*.

If you have any concerns about the trial in general, you can contact *<insert local researcher name>* on *<insert researcher contact details>*. If you do not want to speak to the researcher you can contact the local principal investigator, *<insert local PI name>* on *<insert local PI contact details>* or the chief investigator, Professor Simon Gilbody *<insert contact details>*. If you remain unhappy and wish to complain formally, you can do this through the NHS Complaints Procedure. You can obtain details about this from your GP surgery.

In the event that something goes wrong and you are harmed during the research and this is due to someone's negligence then you may have grounds for a legal action for compensation against the University of York.

## **Will my taking part in the interview be kept confidential?**

We will keep all information we collect about you during this research strictly confidential. The session will be typed up and then read and re-read by members of the research team. The tapes will then be destroyed. When reporting the findings of the study we may use direct quotes from you. If so, we will give you a different name so that your identity is protected. We will store information collected in the study in locked filing cabinets and on password protected databases. No information about you will be posted or left in an unlocked environment.

## **What will happen if I don't want to carry on with the study?**

You can withdraw from the study at any time. All you have to do is let the research team know about your decision.

## **What will happen to the results of the study?**

We will publish the results of this research study widely. We will produce a research report and write articles for health professionals and patients to read. We will not use any information that could identify patients. You will also be given a summary of the findings. We will ensure charities such as Depression Alliance are informed of the results of our research.

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

The University of Manchester is organizing the interviews. The Universities of Bristol, York and Sheffield are also involved in organising the REEACT trial. The funder is the Health Technology Assessment (HTA) Programme.

## **Who has reviewed the study?**

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee to protect your safety, rights, wellbeing and dignity. This study has been reviewed and given favourable opinion by Leeds (East) Research Ethics Committee.

## **Further information and contact details**

For further general information about research, please see the INVOLVE website at <http://www.invo.org.uk>

For specific information about this research study, please contact

*<insert Trial Manager's name and contact details>*

For advice about whether you should participate, please speak to the local researcher or your own GP.

**If you have a concern about any aspect of this study, please see the contact details given on Page 2 of this information sheet.**

***Thank you for reading this and for considering taking part in this study.***

Patient ID Number.....

## Patient Consent Form

# Computerised Cognitive Behaviour Therapy for Depression Interviews

Please initial each box

- |  |   |
|--|---|
| 1. I confirm that I have read and understood the information sheet dated ..... (version ....) for the above study and have had the opportunity to ask questions. I have had any questions answered satisfactorily. | <input style="width: 60px; height: 40px;" type="checkbox"/> |
| 2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving a reason, without my medical care or legal rights being affected.                                     | <input style="width: 60px; height: 40px;" type="checkbox"/> |
| 3. I understand that my comments may be used in reports on this study and that these will be anonymous. I give permission for this.  | <input style="width: 60px; height: 40px;" type="checkbox"/> |
| 4. I understand the <b>interview</b> will be tape recorded   | <input style="width: 60px; height: 40px;" type="checkbox"/> |
| 5. I agree to take part in the above study   | <input style="width: 60px; height: 40px;" type="checkbox"/> |

Name of Participant (BLOCK CAPITALS)	Date	Signature
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I have explained the study to the above patient and he/she has indicated his/her willingness to take part.

Name of Person taking consent (if different from researcher) (BLOCK CAPITALS)	Date	Signature
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Name of Researcher (BLOCK CAPITALS)	Date	Signature
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**\*\*\* 1 copy of consent form to be given to patient and 1 copy to be retained by research team \*\*\***