



## Debt Counselling for Depression in Primary Care: An Adaptive Randomised Controlled Trial

### End of Study Participant Information Sheet

Thank you for participating in the DeCoDer trial.



The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS or the Department of Health.

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### What happened?

The DeCoDer trial started with an initial pilot phase:

#### Participants:

- 61 patients from GP practices in three areas of the UK took part in the pilot study.
- There were 26 men and 35 women.
- They were aged between 21 and 79 years.



#### Researcher interviews:

- Of the 61 people who took part in an initial interview with a researcher, 52 (85%) completed a follow-up visit 4 months later.
- 23 participants also met with a second researcher to talk about their experience of debt and depression.
- Of these 23 participants, 19 took part in a second interview 4 months later to talk about their experience of being involved in the study.

#### GP and CAB advisor appointments:

- 44 participants attended an appointment with a GP.
- Of these 44 participants, 24 were offered an appointment with a CAB advisor and 17 attended the appointment.

### What did we find?

We found:

- Most participants were experiencing severe depression when they joined the study.
- Many participants had other difficulties as well as money problems.
- Paid employment was recognised as a potential route out of debt, but participants reported facing considerable barriers to gaining employment.
- The relationship between debt and depression is complicated.
- Participants who received debt advice were largely positive about their experience.
- Participants were positive about taking part in the trial, but some preferred fewer questionnaires and shorter interviews.



We were only able to recruit a small number of people to the pilot study, so the full trial was unable to go ahead. We could not draw firm conclusions from the data we had due to the small sample size.

Future research is needed:

- To explore further the relationship between debt and depression.
- To design and develop services, and explore ways of testing them.