

Who is eligible for the study?

‘YES’ ✓

Adults (age 18 or over) who meet **ALL** of these criteria
may be eligible for the study:

- Is **eligible** to attend an NHS cardiac rehabilitation programme (hospital- or community-based)
- Scores **10 or over** on the Patient Health Questionnaire (PHQ-9) at their initial assessment in the community

IF THE PATIENT IS ELIGIBLE SO FAR ...

Please now check the ‘NO’ column too →

‘NO’ ✗

Patients who meet **ONE OR MORE** of these criteria cannot
be included in the study:

- Was being actively treated for depression (psychological or drug therapy) during the 6 months preceding their acute cardiac event
- Is actively suicidal – i.e. currently reports intentions of imminent suicide or self-harm (categorised as ‘Level C’ using the study self-harm protocol questions)
- Has major alcohol or drug dependency problems
- Has poorly controlled symptoms of bipolar disorder or psychosis
- Does not have sufficiently good communication skills to engage with psychological therapy and research consent processes, even with the support of an interpreter (for non-English speakers).

How do I refer an eligible patient to the study team?

- **It should only take a short amount of your time to introduce the study!**
- You will find copies of all the necessary study leaflets and forms in your referral folder (see guidance overleaf)
- If you need more paperwork, or have any questions about the referral process, please telephone us on **XXX**.

If the patient meets the eligibility criteria for the Cadence Study and has accepted a local cardiac rehabilitation programme ...

1. Please follow the steps shown in **Section 4** of your referral folder to briefly introduce the study to the patient.
2. If the patient is happy to speak to a researcher to find out more about the Cadence Study, please use the referral paperwork in **Section 4**.

If the patient meets the eligibility criteria for Cadence but he/she has:

- (i) declined cardiac rehabilitation; OR
- (ii) accepted cardiac rehabilitation but declined trial entry ...

1. Please follow the steps shown in **Section 5** of your referral folder to briefly introduce the qualitative study to the patient.
2. If the patient is happy to speak to a researcher to find out more about taking part in an in-depth interview, please use the referral paperwork in **Section 5**.

If the patient accepts cardiac rehabilitation and is eligible for the study:

STEP
1

Ask the patient: would he/she consider taking part in the Cadence Study?

(Hand the patient a copy of the 'Cadence Study Patient information leaflet')

'YES'



STEP
2

If the patient IS interested in finding out more about the Cadence Study:

Complete the 'Nurse referral form' yourself

AND

Ask the patient to complete the 'Permission to release personal details form'

Explain that the researcher will contact the patient

by telephone (in the next few days) to explain the study

in more detail and answer any questions they have



STEP
3

Fax copies of BOTH completed forms to the Cadence team on XXX



STEP
4

Record details of your approach to the patient

on the 'Screening Log Sheet' and in your nursing notes