

ADepT+ Feasibility Trial – Copies of bespoke measures

Contents

ADepT+ Feasibility Trial – Copies of bespoke measures.....	1
Section 1: Outcome Measure Ranking (OMR) questionnaire.....	2
Section 2: Asking about Adverse events form	3
Section 3: Usual Care questionnaire	4
Section 4: Feedback questionnaire A.....	8
Section 5: Feedback questionnaire B.....	16
Section 6: Early Exit questionnaire	20
Section 7: Therapist questionnaire	22
Section 8: ADepT Outcome Scale.....	25

Section 1: Outcome Measure Ranking (OMR) questionnaire**Outcome Measure ranking**

We are interested in which outcomes feel most relevant to your experiences and any changes your experiences. This will help us decide which measure to use as the main outcome in a big trial in the future. You should have received either a digital or paper copy of the questionnaires you have been completing as part of the ADepT+ Feasibility Trial research assessments that you can refer to.

Please Rank the measures below from 1 (Most relevant to my experiences and any changes your experiences) to 8 (Least relevant to my experiences and any changes your experiences).

	<i>Measure name (description)</i>	Rank (1-8)
1	ReQoL (Recovering quality of life)	
2	PHQ-9 (Depression symptoms)	
3	PDS-ICD-11 (Personality difficulty symptoms)	
4	SWEMWBS (wellbeing)	
5	GAD (anxiety symptoms)	
6	SHAPS (Pleasure scale)	
7	WSAS (daily functioning)	
8	DIALOG (satisfaction in life areas)	

Section 2: Asking about Adverse events form

Asking about adverse events

1. Since the last research assessment / last time we met, have you received medical treatment for anything, other than regular reviews and prescriptions?

Note details below (when, what the problem was, treatment received, outcome)

For each incident mentioned, establish if there was any connection to the study or therapy.

2. Since the last research assessment / last time we met, have you deliberately harmed yourself?

Note details below (when, what happened, treatment received, outcome); carry out risk assessment if necessary

For each incident mentioned, establish if there was any connection to the study or therapy.

3. Is there anything you are concerned about with regard to taking part in this study?

Note details below (nature of concern, whether indicates potential harm by participation). For any concerns that do not relate to harm, address these or connect participant to team member who can help.

Section 3: Usual Care questionnaire

Seeking usual care

Since your (you joined the study/ your last research follow-up)...

1) ...did you seek mental health support within usual care (please tick all that apply):

- ☐ Yes – in the NHS
- ☐ Yes – from a charity / non-profit organisation
- ☐ Yes – privately
- ☐ Yes – research study (not including ADepT+ therapy within the study; please specify)
- ☐ Yes – other (please specify)
- ☐ No

If you ticked 'other' or would like to expand on your answer, please make comments here (e.g. to share why you did/did not seek this support during this period):

2) If yes, what support have you tried to access in usual care? (tick all that apply, regardless of whether you received support):

- ☐ **GP practice** – GP support
- ☐ **GP practice** - Mental health practitioner / wellbeing practitioner support or counselling
- ☐ **Therapy/counselling** - 'NHS Talking Therapies' / 'TALKWORKS' e.g. CBT, Counselling for Depression
- ☐ **Therapy/counselling** – NHS Community Mental Health Team; or NHS Specialist mental health service
- ☐ **Therapy/counselling** - charity or non-profit organisation
- ☐ **Therapy/counselling** – private
- ☐ **Diagnostic Assessment/Psychiatrist** – NHS e.g. NHS Community Mental Health Team / NHS specialist mental health service
- ☐ **Diagnostic Assessment/Psychiatrist** - charity or non-profit organisation
- ☐ **Diagnostic Assessment/Psychiatrist** – Private
- ☐ **Other support** – NHS (please specify below)
- ☐ **Other support** - charity or non-profit organisation (please specify below)
- ☐ **Other support** – private (please specify below)
- ☐ **Other/unsure** (please specify below)

If you ticked 'other' or would like to expand on the above please make comments here (e.g. any positive / negative experiences of seeking this support; brief details about the focus of the support; or kind of support you tried to access):

Receiving usual care

Since your (you joined the study/ your last follow-up)...

3. ...what mental health support have you received in usual care? (tick all that apply)

- ☐ **GP practice** – GP support
- ☐ **GP practice** - Mental health practitioner / wellbeing practitioner support or counselling
- ☐ **Therapy/counselling** - 'NHS Talking Therapies' / 'TALKWORKS' e.g. CBT, Counselling for Depression
- ☐ **Therapy/counselling** – NHS Community Mental Health Team; or NHS Specialist mental health service
- ☐ **Therapy/counselling** - charity or non-profit organisation
- ☐ **Therapy/counselling** – private
- ☐ **Diagnostic Assessment/Psychiatrist** – NHS e.g. NHS Community Mental Health Team / NHS specialist mental health service
- ☐ **Diagnostic Assessment/Psychiatrist** - charity or non-profit organisation
- ☐ **Diagnostic Assessment/Psychiatrist** – Private
- ☐ **Other support** – NHS (please specify below)
- ☐ **Other support** - charity or non-profit organisation (please specify below)
- ☐ **Other support** – private (please specify below)
- ☐ **Other** – other/unsure (please specify below)

If you ticked 'other' or would like to expand on the above please make comments here (e.g. any positive / negative experiences of receiving this support; brief details about the focus of the support; or kind of support received):

4. ...which description best fits your experience of receiving usual care (tick one)?

- ☐ *I did not seek or receive any usual care, because I did not feel I needed mental health support in usual care*
- ☐ *I did not seek or receive any usual care, despite feeling I needed mental health support in usual care*
- ☐ *I did seek support but did not receive any usual care*
- ☐ *I received exactly the usual care that I tried to access*
- ☐ *I received similar support to the usual care I tried to access, with some differences*
- ☐ *I received very different support to the usual care I tried to access*
- ☐ *Other (please specify)*

If you ticked 'other' or would like to expand on the above, please make comments here (e.g. any positive / negative experiences of receiving / not receiving support):

***5. ... overall, how acceptable was the usual care you received to you?**

1	2	3	4	5	N/A
Not at all acceptable	Slightly acceptable	Moderately acceptable	Very acceptable	Extremely acceptable	Not applicable

If you would like to expand on the above, please make comments here (e.g. any reasons for your answer):

***6. Overall, how relevant was the usual care you received to you? (Please circle one answer below)**

1	2	3	4	5	N/A
Not at all relevant	Slightly relevant	Moderately relevant	Very relevant	Extremely relevant	Not applicable

If you would like to expand on the above, please make comments here (e.g. any reasons for your answer):

***7. How likely would you be to recommend the treatment you received to friends or family if they needed similar care or treatment? (Please circle one answer below)**

1	2	3	4	5	N/A
Extremely Likely	Likely	Neither Likely or Unlikely	Unlikely	Extremely Unlikely	Not applicable

If you would like to expand on the above, please make comments here (e.g. any reasons for your answer):

Any other comments:

(8.) Do you have any other comments that you would like to share about your experiences of usual care (whether or not you did seek or receive support) since you joined the study / your last research follow-up?

Thank you for your help.

[Questions marked with * presented to the Usual Care group only]

Section 4: Feedback questionnaire A

Taking part in the research [both arms]

The next questions relate to your experience of taking part in the research evaluating the therapy:

1. What were your experiences of completing questionnaires and undergoing interviews as part of the research?

.....

.....

.....

.....

.....

.....

.....

2. What were your experiences of interacting with the research team during the project? Did they do anything that was helpful? Did they do anything that was unhelpful?

.....

.....

.....

.....

.....

.....

.....

3. How likely you would be to recommend to friends and family to take part in a similar research trial in the future? Please explain your answer.

.....

.....

.....

.....

.....

.....

.....

Experiences of therapy [treatment arm only]

The questions in this section aim to find out more about your experiences of taking part in our ADepT trial.

4. Please describe anything that you found **helpful** about the therapy you received as well as the homework exercises and the reading you completed.

Specific aspects of the **therapy sessions** that you found **helpful**, and why:

.....

.....

.....

.....

.....

.....

.....

Specific aspects of the **homework or therapy activities between sessions** that you found **helpful**, and why:

.....

.....

.....

.....

.....

.....

.....

5. Please describe anything that you may have found **unhelpful** about the therapy you received, the homework exercises and the reading you completed.

Specific aspects of the **therapy sessions** that you found **unhelpful**, and why:

.....

.....

.....

.....

.....

.....

.....

Specific aspects of the **homework or therapy activities between sessions** that you found **unhelpful**, and why:

.....

.....

.....

.....

.....

.....

.....

The impact of therapy [treatment arm only]

The next questions relate to the **impact**, if any, that the therapy may have had on you.

6. Have you **benefitted** from the therapy you received and if so, in what ways? (We are interested to hear about benefits not only in how you feel, but in any other areas of your life). If there have been no benefits or that some things are worse now, please tell us about these.

7. Do you feel that the therapy **works for you**? If so, why do you think it works? If it doesn't work for you, please tell us why you think it doesn't work.

8. How likely would you be to **recommend** the therapy you underwent to friends and family if they needed similar care or treatment? Please explain your answer.

Factors that get in the way of benefiting from therapy [treatment arm only]

9. We are interested in the reasons and factors that influence whether people complete a full course of therapy. Please answer the question below that applies to you.

How able do you feel you were able to **fully benefit from therapy** (including whether you completed the planned course of therapy or not), please outline specific reasons or factors that contributed to this outcome:

.....

.....

.....

.....

.....

.....

.....

Please outline any factors that impacted your **opportunity, ability** or **motivation** to fully engage with and benefit from therapy:

.....

.....

.....

.....

.....

.....

.....

10. Overall, how acceptable was your treatment to you? In other words, did you think that the treatment approach and activities made sense and were reasonable? *(Please circle one answer below)*

1	2	3	4	5
Not at all acceptable	Slightly acceptable	Moderately acceptable	Very acceptable	Extremely acceptable

11. Overall, how relevant was your treatment to your specific difficulties? *(Please circle one answer below)*

1	2	3	4	5
Not at all relevant	Slightly relevant	Moderately relevant	Very relevant	Extremely relevant

12. How likely would you be to recommend the treatment you received to friends or family if they needed similar care or treatment? *(Please circle one answer below)*

1	2	3	4	5
Extremely Likely	Likely	Neither Likely or Unlikely	Unlikely	Extremely Unlikely

13. Overall, how much do you feel your **depression symptoms** have changed since you first started ADepT+ treatment? *(Please circle one answer below)*

1	2	3	4	5	6	7
Very much better	Much better	A little better	No change	A little worse	Much worse	Very much worse

14. Overall, how much do you feel your **anxiety symptoms** have changed since you first started ADepT+ treatment? *(Please circle one answer below)*

1	2	3	4	5	6	7
Very much better	Much better	A little better	No change	A little worse	Much worse	Very much worse

15. Overall, how much do you feel your level of **wellbeing** has changed since you first started ADepT+ treatment? *(Please circle one answer below)*

1	2	3	4	5	6	7
Very much better	Much better	A little better	No change	A little worse	Much worse	Very much worse

16. Overall, how much do you feel your **capacity to experience pleasure** has changed since you first started ADepT+ treatment? *(Please circle one answer below)*

1	2	3	4	5	6	7
Very much better	Much better	A little better	No change	A little worse	Much worse	Very much worse

17. Overall, how much do you feel your levels of **positive mood** changed since you first started ADepT+ treatment? *(Please circle one answer below)*

1	2	3	4	5	6	7
Very much better	Much better	A little better	No change	A little worse	Much worse	Very much worse

18. Overall, how much do you feel your levels of **negative mood** have changed since you first started ADepT+ treatment? *(Please circle one answer below)*

1	2	3	4	5	6	7
Very much better	Much better	A little better	No change	A little worse	Much worse	Very much worse

19. Overall, how worthwhile do you feel ADepT+ was, relative to the changes you have noticed?

1	2	3	4	5
Not at all worthwhile	Slightly worthwhile	Moderately worthwhile	Very worthwhile	Extremely worthwhile

Any other comments: [both arms]

20. Do you have any other comments that you would like to share about your experiences of taking part in this project?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Section 5: Feedback questionnaire B

1. Overall, how acceptable was your treatment to you? In other words, did you think that the treatment approach and activities made sense and were reasonable? *(Please circle one answer below)*

1	2	3	4	5
Not at all acceptable	Slightly acceptable	Moderately acceptable	Very acceptable	Extremely acceptable

2. Overall, how relevant was your treatment to your specific difficulties? *(Please circle one answer below)*

1	2	3	4	5
Not at all relevant	Slightly relevant	Moderately relevant	Very relevant	Extremely relevant

3. How likely would you be to recommend the treatment you received to friends or family if they needed similar care or treatment? *(Please circle one answer below)*

1	2	3	4	5
Extremely Likely	Likely	Neither Likely or Unlikely	Unlikely	Extremely Unlikely

ADepT+ Booster Sessions

1. How many (if any) follow-up (booster) therapy sessions did you attend with your therapist?

.....

.....

2. What were your experiences of the booster sessions in ADepT?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

3. If you did not attend all of these sessions:

- What were the reasons why not?
- What prevented you attending the sessions?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

4. If you did attend some or all of these sessions:

- What were the reasons why?
- What helped you attend the sessions?

5. How did you schedule the booster sessions?

- Frequency?
- Over what time period?
- Pre-planned or when you needed them?
- How long after finishing therapy did you finish booster sessions?

6. How did you use the booster sessions?

- Recap therapy sessions?
- Plan for future wellbeing?
- Manage new challenges?
- Celebrate successes?

6. Is there anything we could do to make the booster sessions more helpful?

.....

.....

.....

.....

.....

.....

7. Using the following scale, how useful did you find the follow-up sessions?

1	2	3	4	5
Not at all useful	Slightly useful	Moderately useful	Very useful	Extremely useful

8. Do you have any other comments that you would like to share about the follow-up therapy sessions or your experiences of taking part in this project?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Section 6: Early Exit questionnaire



Your Views on the ADepT+ Feasibility Trial

[measures below will also be delivered online via REDCap unless a participant has a preference for hard copy versions, where formatting may differ but wording will be identical]

Title of Project: Development and Feasibility of Augmented Depression Therapy for Complex Depression (ADepT+): A randomised, controlled feasibility trial.

Thank you for taking part in this study. You have been sent this because you have let us know that you would not like to continue.

To help us understand why the study may not appeal or be practical for some people, we are asking people who decide not to continue with it whether they would be willing to let us know the factors that influenced their decision.

You are under no obligation whatsoever to have any further contact with the study team or to provide us with any information, including the reasons why you decided not to continue. However if you would like to let us know what influenced your decision, we would be grateful if you would complete the enclosed survey (which takes around 5 minutes) [and return your response to us in the pre-paid envelope enclosed – *postal version only*].

Your answers are anonymous therefore please do not write your name or any other identifying information on the sheet. The information you provide may be included in a report of the study findings but we will ensure that it will not be possible to identify you from this. We will not contact you again about the study unless you ask us to.

Thank you for taking the time to read this. Should you have any questions please contact the study researcher, Laura Warbrick, on adept-plus@exeter.ac.uk.

Brief survey of reasons for deciding not to take part in the ADepT+ study.

1. At what stage did you decide not to continue with the study (please tick)?

- ☐ *After the initial meeting with the researcher, but before I found out which arm I had been allocated to*
- ☐ *After I found out which arm I was allocated to, but still within a month or so of starting the study*
- ☐ *More than a month after starting the study*

2. What were your reasons for deciding not to go ahead (please tick as many as apply):

- ☐ *I did not think I would be able to continue for practical reasons (such as work or family commitments)*
- ☐ *I did not think that the therapy being offered was right for me*
- ☐ *The commitment in terms of time and work seemed too much*
- ☐ *I was put off by being allocated to the “usual care” condition*
- ☐ *Other*

If you ticked “other”, or if you would like to expand on your selections above, please make comments here:

3. What do you think the research team could do (if anything) to make it more likely or easier for someone in your position to take part in a future study like this?

Thank you for your help.

Section 7: Therapist questionnaire

Please indicate the extent to which you agree with the following statements:

<i>I think ADepT+ is an effective treatment for complex depression</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>I think ADepT fits well into the NHS service context</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>I have enjoyed practising ADepT+ and would like to continue practising ADepT+</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>I would recommend broader implementation of ADepT+ in the NHS</i>	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree

Please indicate to what extent the ADepT+ Feasibility Trial training and supervision has supported your knowledge, skills and confidence in using the following elements of ADepT+ style:

1	Using a positive interpersonal therapist style	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
2	Thickening the positive narrative (opportunities and challenges)	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
3	Working informally then introducing formal ADepT tools	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
4	Breaking things down into steps	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree

5	Working explicitly with the therapeutic alliance (positive and negative enactments)	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
6	Changing clients relationship to depression	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
7	Helping clients take ownership of change	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Please indicate to what extent the ADepT+ Feasibility Trial training and supervision has supported your knowledge, skills and confidence in using the following elements of ADepT+ structure:						
1	Preparing for an ADepT session	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
2	Agenda Setting in ADepT	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
3	Giving and receiving feedback in sessions	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
4	Setting and reviewing (behaviourally specific) homework and psychoed	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
5	Helping client consolidate and remember session content	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
6	Pacing sessions well	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Please indicate to what extent the ADepT+ Feasibility Trial training and supervision has supported your knowledge, skills and confidence in using the following elements of ADepT+ technique:						
1	Identifying and working with values	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
2	Values consistent goal setting and monitoring	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
3	Case conceptualisation using ADepT tools	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
4	Cognitive change techniques (diffusion, utility based work, truth based work)	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree

337878 ADepT+ Feasibility Trial – Copies of bespoke measures

5	Behavioural change techniques (COM-B, behavioural experiments, skills training as required)	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
6	Emotional change techniques	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
7	Self care change techniques	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
8	Wellbeing planning	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree

Quantitative ratings:

[therapists will be shown these questions on a laminated card. After making each rating, they will be asked to explain why they answered in that way]

- Overall, how acceptable was ADepT+ to you? In other words, did you think that the treatment approach and activities made sense and were reasonable?

1	2	3	4	5
Not at all acceptable	Slightly acceptable	Moderately acceptable	Very acceptable	Extremely acceptable

- Overall, how feasible did you find delivering ADepT+?

1	2	3	4	5
Not at all feasible	Slightly feasible	Moderately feasible	Very feasible	Extremely feasible

- How likely would you be to recommend ADepT+ for other clients suffering with complex depression?

1	2	3	4	5
Very Likely	Likely	Neither Likely or Unlikely	Unlikely	Very Unlikely

Section 8: ADepT Outcome Scale

Please rate to what extent you agree with each of the following statements over the **past two weeks**:

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strong agree
I know what is important to me in life					
I am making meaningful progress towards goals that matter to me in life					
I am living my life in a way that is consistent with what is important to me					
I have found a balance that works for me between different areas of my life (e.g., work, hobbies, relationships, self-care)					
I am able to be resilient when facing, and deal effectively with, challenges in life					
I am able to notice, enjoy, and make the most of moments of life that are going well					
I am able to sustain positive relationships with others in my life					
I am aware of, and able to make use of, my strengths					
I look after myself well (i.e., have good self-care in place)					
I am hopeful about the future					
I feel able to manage my mental health so that it does not stop me living the life I want to lead					