

Information about the Research for the Patient

What is research about?

The aim of this research is to evaluate a Mental Health Therapy called Behavioural Activation Therapy for patients suffering from depression in Pakistan. The researcher intends to conduct a randomized controlled trial involving 100 Pakistani participants with depression. The trial will compare the efficacy of manualized Behavioural Activation Therapy developed particularly for depressed Muslim clients (BA-M) with that of Treatment As Usual (TAU) group. It aims to promote best practice in mental health services.

Why is this research important?

We already know that BA therapy is effective and well researched in different countries. Through this study, we are trying to see if it is helpful in treating depression and improving quality of life for people who are depressed and living in Pakistan.

Do I have to take part?

It is up to you to decide whether or not you want to take part and you will have a week to decide about this. If you do decide to take part then you will be given this 'Information Sheet' to keep and you will be asked to sign a 'Consent Form'. You can withdraw from the research at any time and without giving a reason. Your decision will not affect any support that you might receive by us.

What will happen to me if I take part?

A researcher from the University of Punjab will contact you and will brief you about the research, its objectives and nature of your participation in this research. She will make sure you understand about the research and will ask you to sign a form stating that you agree to take part in this research. People who take part will be allocated to receive therapy in one of the two groups: either the therapy that is normally provided (based on Cognitive Behavioural Therapy) or the new treatment that we are testing called Behavioural Activation (BA-M). In each group the therapist will explain fully about the treatment that you will receive. Before and after the sessions, the therapist will help you to complete some short questionnaires about your health. We will make a small payment to cover expenses of your travelling after each session. With your consent we will record therapy sessions to check that the therapist is delivering the therapy correctly.

If you are in the BA-M group you can also agree to be interviewed when the therapy sessions end and the researcher will contact some people who have agreed to take part in an interview. She will ask you questions about what you thought of the therapy. The information you provide will be kept confidential. With your permission, the interview will be recorded on a tape recorder. This is to ensure that we do not miss anything you feel is important. Recordings will be destroyed after the project is finished. If you change your mind about taking part you can stop at any time and this will not cause any problem. We can remove information about your questionnaires from the study up to May 15, 2020 and your interview answers can be removed up to seven days after the interview.

How will we tell people what we find out?

We will publish reports that will be sent to people who work in health and social care settings, people who use mental health services and family carers. We will also organize conferences and seminars to tell people about our results. We will use quotes from some of the interviews we carry out but will not use names or personal information in any way that would mean you could be identified.

Further information:

If you would like further details about the project please contact Dr. Saima Dawood at Centre for Clinical Psychology, University of the Punjab, Lahore. E-mail

saimadawoodkhancepsy@pu.edu.pk Or S.Dawood1@leeds.ac.uk

If you wish to make a complaint about the project then please contact Dr. Dawood at the above address or Dr. Ghazala Mir at Leeds Institute of Health Sciences, University of Leeds, Worsley Building, Clarendon way, Leeds LS2 9NP +441133434832. E-mail: g.mir@leeds.ac.uk
Ethical approval has been sought from the School of Medicine Research Ethics Committee (Reference number MREC19-034).