PARTICIPANT INFORMATION LEAFLET

IRAS Reference Number: 362598

the PROSPECT study

Probiotics with sertraline in primary care depression — conceptual and exploratory study: PROSPECT

Pilot Proof-of-Concept Study of Probiotics Adjunctive to Sertraline in Primary Care Depression, Exploring Quality of Life Outcomes.

We are inviting you to take part in a research project, to assess the impact of a gut supplement (Symprove), in people who have been diagnosed with depressive disorder and taking an antidepressant, called sertraline, over 12 weeks. We aim to recruit 106 participants through the GP registers surgeries in Darlington, Durham.

Before deciding whether to join the study, it's important for you, to understand why we're doing it and what it involves. Please read the information carefully and discuss with your friends, family, or GP if you wish. If anything is unclear or you need more details, just ask us. Thank you for taking the time the to consider taking part in the PROSPECT study.

Why is the study needed?

The background and purpose of the research.

Depression is a common condition, affecting the quality of life, for millions of people worldwide. It is increasing, despite current treatments and interventions. There is a need to find new treatments or improve existing ones. Research has shown that some people with mental health issues may have an imbalance in the bacteria in their gut. Some studies suggest that food supplements, containing live and active bacteria may help address this imbalance and improve quality of life, mental health and gut symptoms. This study will collect data on the potential impact of a supplement, called Symprove, in participants with a depressive disorder, already taking an antidepressant called sertraline. The aim is to assess whether the addition of Symprove is acceptable and tolerated with sertraline in primary care. The information we collect will help us decide whether it would be worthwhile to carry out a larger study in the future.

What is Symprove?

Symprove is a water-based solution that contains billions of live, active bacteria. As it is water-based, the bacteria remain alive when taken and may support the balance of bacteria already present in the gut. Although Symprove is often described as a probiotic, regulations mean that this term cannot officially be used for bacterial products.

Symprove has been studied for over 15 years and is already available on the market. It has been tested in different clinical groups, with no serious side effects reported. It is considered safe to use.

You can find more information about Symprove here: https://www.symprove.com

What does taking part in the study involve?

Taking part in the PROSPECT study would involve you

- Attending 5 appointments at Denmark Street Surgery, over a period of 14 weeks (about three and a half months). This covers screening, baseline, interim and final appointments.

- Completing questionnaires, height and weight measurements and giving blood samples to measure levels of inflammation and fats in your blood.

- Receiving a one-month supply of the study supplement at each visit, for 3 months. You would be asked to take this daily alongside your usual sertraline dose.

Why have I been invited and am I eligible?

<u>You are eligible</u> to take part in the study if you are:

- Aged 18-60 years
- Diagnosed with a depressive disorder
- Currently receiving treatment with the antidepressant sertraline, without any dose changes in the last 3 weeks

<u>You are not eligible</u> to take part in the study if you:

- Are currently take probiotics or prebiotics supplements (e.g. Bimuno) or yoghurts containing probiotics (e.g. Yakult, Actimel)
- Have recently had an active infection, taken antibiotics or been vaccinated
- Have been diagnosed with autoimmune disease or gastrointestinal conditions of inflammatory bowel disease and coeliac disease.
- Have been diagnosed with any significant heart, lung or kidney issues
- Have diagnosed cancer and/or are undergoing cancer treatment
- Have unstable thyroid function
- Have been diagnosed with any significant or unstable psychological issues (such as emotional unstable personality disorder, eating disorders or obsessive-compulsive disorder)
- Are receiving formal psychological support
- Have a history of substance of alcohol misuse
- Are taking regular treatment (more than 3 days a week) of proton pump inhibitors (e.g. stomach medication), metformin (e.g. diabetic type medication), laxatives, systemic steroids, (e.g. prednisolone), non -steroidal anti-inflammatories, (e.g. ibuprofen, naproxen), benzodiazepines drugs (e.g. diazepam, temazepam) or quetiapine.
- Are currently pregnant or breastfeeding
- Have a body mass index (BMI) of over 35
- Have made a significant change in dietary, smoking or daily physical activity in the previous 4 weeks.
- Are taking part in other interventional research where you are receiving treatment

Do I have to take part?

No. It is entirely up to you to decide. If you do not want to take part that is ok. Your decision will not affect the quality of care you receive. If you do decide to take part you will be asked to sign a consent form(see a sample copy of the consent form at the end of the leaflet).You are free to withdraw at any time, without giving a reason, by contacting Dr Micaela Young (micaelayoung@nhs.net); Tel: +44 (0) 1325 460731. If you decide to withdraw, we will not send you any further surveys relating to this study but will keep any previously collected data.

What should I do if I want to take part?

If you would like to join the study then all you need to do is to reply to the invitation letter or contact your local GP surgery, who will direct you to the research team. If you have any questions, you can also contact Dr Micaela Young directly on micaelayoung@nhs.net or on 01325 460731.

Following which you will be invited to attend a screening visit, where a GP will explain the study, check your eligibility and discuss informed consent. You will be asked whether you would like to take part in the study and have the opportunity to ask any further questions.

If you are eligible and after a week's consideration, given your consent, you will be enrolled and commence the study at Denmark Street Surgery.

What happens immediately after I enrol?

You will be seen by one of the research team and asked to complete questionnaires, have your height and weight measured and give a blood sample. These blood tests will measure levels of inflammation and fats in your blood. You will then be allocated to receive either the study supplement or a placebo. This is done by a process called randomization. A computer makes an allocation at random, like making a choice by tossing a coin and having an equal chance of receiving either option. You will take a 70ml shot once a day in the morning on an empty stomach. You will receive a four-week pack at monthly intervals. This study is designed as “double-blind” and “placebo-controlled “.This means neither you or the researchers will know who is receiving the active supplement and who is receiving the placebo (a dummy treatment with no active ingredients). This makes the study as fair and reasonable as possible.

You will be asked to return for additional visits at Week 6 and 10 for monitoring and further receipt of the study supplement and sertraline. At week 14 you’ll be asked to return for the same set of procedures you went through at the start, including a blood test.

Are there any benefits for me in joining the study?

You may feel some benefit to your mental health and other symptoms you may be experiencing. If you do not experience any health benefits, you are still supporting our understanding of mental health and helping to develop new ways to manage it in the future.

All participants who complete the study will be compensated for their time with a £20 voucher.

Are there any risks for me in joining the study?

There are no significant risks. A small number of people may experience mild gut disturbances (such as bloating or a change in bowel habit) when they first start taking Symprove. As with any nutritional intervention, the gut needs a little time to adapt. Disturbances will usually resolve in the first few weeks.

What if I take other medications?

You can take Symprove with other medications you are already taking. However, if you're being prescribed new medication, we would always recommend advising the doctor, that you are participating in a trial. Just check with them before you start taking it. Your GP will be informed on enrollment of your participation.

Please note that you should maintain your dietary and lifestyle habits while taking part in the study, as this could have an impact on your symptoms.

How will information about me be kept confidential?

We will continuously protect your privacy.

We will do this by

- Recording your consent at the screening appointment, on a form that will contain identification information of name, address and contact details. These forms will be stored in a secure location and separately from the study data.

- Ensuring your samples and data will not contain any personal identifying details so the researchers will not know your identity. Your data will be stored using a unique anonymous study identification number.

- Ensuring all study data both paper and electronic, will be stored in a restricted-access study database, in a secure location. The study data will be linked to your study identification number, but your personal details will never appear on this database. Access to the database will be password protected and used only by named researchers, who will have the relevant scientific and ethics approvals for their planned research.

- Recognizing Symprove Ltd is the sponsor of this research but will not have access to any personal identifiable information. Only anonymized data directly relating to this study would be shared with Symprove as the sponsor of the study.

- Ensuring Insurance companies and employers will not be given any individual's information, samples or test results.

More technical data regarding the use of confidential patient data in research can be found at

https://www.hra.nhs.uk/planning-and-improving-research/policies-standards-legislation/data-protection-and-information-governance/gdpr-guidance/templates/template-wording-for-generic-information-document/

or the enclosed document.

Can I know the results obtained from my blood samples?

It is not planned to feedback individual results. The only case would be if we discovered anything that had an immediate impact on your healthcare (e.g. very high fat levels or inflammation markers). In this case the researcher will inform a medical professional for further action as required.

What will happen to my blood samples?

Blood samples collected for the purposes of the research will be used immediately, as point of care testing, to check your fat and inflammatory levels. They will not be labelled with your name or contact details, but only with a unique study number. Used or analyzed blood samples and tubes are disposed of in designated plastic sharps bins. No samples are stored.

What happens after the study has finished?

The findings from this study will be publicly available on the ISRCTN website where the study has been registered. The results will also be submitted for peer review and publication. Results will be made available to participants 3 months after the end of the study if so requested.

Who is organizing and funding the research?

This study is organized and funded by Symprove Ltd.

What happens if something goes wrong?

If you experience any health problems during the study, please contact your GP. You can also contact the Principal Investigator Dr Micaela Young (micaelayoung@nhs.net, Tel no.: 01325 460731) if you have any questions about your symptoms during the study.

If you experience any side effects with Symprove, you can report these in the next study appointment or by contacting the above. However, if you experience any serious problems with Symprove, issues with the study surveys, or you would like to withdraw from the study, you can contact Dr Micaela Young (micaelayoung@nhs.net, Tel no.: 01325 460731).

Who do I contact if I have concerns?

If you have any concerns or would like to make a complaint, please contact the Chief Investigator, Professor Ahmet Fuat at Orchard Court surgery, Orchard road,Darlington,DL3 6HZ (ahmetfuat@nhs.net, Tel. no: 01325 465285).

If you would like to complain to someone who is not involved in this study, please contact Symprove's General Data Protection Regulation (GDPR) officer Keith Budden (keith@ensurety.co.uk).Thank you for considering taking part in this Research.