

Public Information Sheet

Many times, due to continuous tension and difficult circumstances, people start experiencing tension and stress. In such situations, if they don't share and keep their thoughts within themselves, then it leads to depression - a psychological disorder which needs to be treated.

There are following hallmark features of depression,

- Persistent sadness or loss of interest or pleasure
- Disturbed sleep or appetite,
- Feelings of guilt or low self-worth,
- Feelings of tiredness/poor concentration,
- Difficulty in making decisions,
- Agitation or restlessness,
- Hopelessness and suicidal thoughts.

A person with depression experiences considerable difficulty in his / her daily chores related to home and office and results in poor functioning (e.g. at home, school or work). Especially when long-lasting then it may become a serious health condition. When the affected person continues to suffer greatly and functions poorly at work or at school and in the family and community, then depression can lead him / her to suicide.

However, it is very important to keep this in mind that **Depression is treatable.**

You are invited to take part in a research study that aims to help us to find out effective treatment for depression. We will make sure that you can benefit from the treatment before including you in the study. Those who take part will be allocated to join one of two groups for free treatment: either a therapy that is normally provided for depression or a new treatment that we are testing.

You will receive travelling expenses to take part in this research. If you are ready to take part in this research, then contact on following numbers.

Thank you.

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To find out more about the research or the treatments being offered please contact: Dr. Saima Dawood, Director Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.

Dr. Ghazala Mir, Associate Professor, Institute of Health Sciences, Leeds University, U.K, and Prof. Dr. Robert West, Institute of Medical of Health Sciences, Leeds University, U.K, are conducting a research project.

E-mail approval has been sought from the School of Medicine Research Ethics Committee (Reference number: MREC19-034).

The research interviews will be undertaken by a researcher with previous experience of researcher of a sensitive nature in health care settings and trained to deal appropriately with distress.

In the event that a participant becomes distressed during an interview, an escalating support framework for different levels of distress will identify the form and route for appropriate support.

- Any distress a participant experiences will be discussed and assessed in a sensitive and appropriate manner at the time. The researcher will pause the interview to empathize and to allow the participant time. The researcher will clarify whether the participant would like to stop the interview, rearrange or carry on.
- Where the participant does not wish to carry on or the researcher feels this would be inappropriate, clarification will be sought as to whether the participant has sources of informal support such as family or friends.
- The researcher will discuss whether the participant wants to contact a health professional such as the therapist previously seen or a GP. The researcher will discuss the participant's plan for seeking support, including the timescale, and offer to contact this person on behalf of the participant. However the researcher will usually only contact the professional if the participant gives consent for this.
- The researcher will offer to ring the participant on the following day if she/he is felt to be particularly distressed.
- If the participant does not consent to either a follow up phone call by the researcher or contact being made with a health professional, or if a safeguarding issue arises, the researcher will take advice from Dr. Saima Dawood and / or Dr. Ghazala Mir and Professor Robert West.