

# Feasibility of dyad grids in cognitive analytic therapy

<b>Submission date</b> 01/09/2023	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 06/09/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 20/11/2024	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Dyad grids are a tool to understand someone's relationships more. When a dyad grid is performed, a therapist will ask a person to rate different aspects of their relationships. The results are processed using computer software and can tell the person more about their relationship patterns. Cognitive analytic therapy (CAT) is a type of psychotherapy for emotional and relationship difficulties. In this study, psychotherapists will be asked to try and use dyad grids as part of someone's CAT. They will try to use them in the first five sessions and final five sessions, and to let their patient know the results. The study will look at whether it was possible to do this, whether there were any difficulties in doing this and what resources were needed. It will also look at whether patients and their therapists found it helpful to use the dyad grid.

### Who can participate?

Patients aged over 18 years old who are waiting to have CAT from a specialist NHS psychotherapy service and their therapist also agree to be a part of the study

### What does the study involve?

The study involves the patient having CAT, and their therapist will try to do a dyad grid during the first five and final five sessions of therapy. Patients will complete a CORE10 and Helpful Aspects of Therapy questionnaire each session and then after their therapy has finished, they will do an interview about their experience of the dyad grid. Therapists will fill out a form to say whether it was possible to do the dyad grids and any difficulties encountered. After the therapy has finished they will do an interview about their experience of the dyad grid.

### What are the possible benefits and risks of participating?

A benefit of taking part is that participants will be able to do a dyad grid, which is likely to help improve a person's understanding of their difficulties and goals. Doing dyad grids can also help someone to find out how things have changed during therapy. The risks of taking part are that doing the dyad grid might not be helpful, if this happens then the participant would have wasted some of their therapy time with no extra benefit. Other risks are that it might be upsetting to do the dyad grid, or it might be difficult to understand the results.

Where is the study run from?

The study will run from an NHS psychotherapy service based in Manchester (UK)

When is the study starting and how long is it expected to run for?

May 2020 to October 2022

Who is funding the study?

The Gaskell Research and Development Fund, a small charitable fund to support research (UK)

Who is the main contact?

Dr Stephen Kellett, [stephen.kellett@nhs.net](mailto:stephen.kellett@nhs.net)

## Contact information

### Type(s)

Public

### Contact name

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**Additional identifiers****EudraCT/CTIS number**

Nil known

**IRAS number**

274556

**ClinicalTrials.gov number**

Nil known

**Secondary identifying numbers**

164566, IRAS 274556

**Study information****Scientific Title**

Feasibility study incorporating the dyad repertory grid into routine cognitive analytic therapy in adults

**Acronym**

DGIC

**Study objectives**

The study aims to evaluate the feasibility of integrating dyad repertory grids into the reformulatory and termination phases of routine cognitive analytic therapy (CAT) delivered in an NHS specialist psychotherapy service. To understand whether and if the participant experience of CAT is enhanced through the integration of dyad grids. To understand whether and if the therapist's understanding of the participant is enhanced through the integration of dyad grids.

**Ethics approval required**

Ethics approval required

**Ethics approval(s)**

Approved 28/07/2020, East of Scotland Research Ethics Service (Tayside Academic Health Sciences Centre, Residency Block Level 3, George Pirie Way, Ninewells Hospital & Medical School, Dundee, DD1 9SY, United Kingdom; +44 (0)1382383848; tay.eosres@nhs.scot), ref: 20/ES/0064

**Study design**

Observational feasibility study

**Primary study design**

Observational

**Secondary study design**

feasibility study

**Study setting(s)**

Community

**Study type(s)**

Treatment

**Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

**Health condition(s) or problem(s) studied**

Treatment of patients with complex emotional or relationship difficulties using psychotherapy

**Interventions**

This study will examine whether it is feasible to incorporate dyad grids (a psychometric test) into routine cognitive analytic therapy (CAT). The duration of the study is approximately 18 months and it is a single-centre study.

Therapists conducting routine CAT will attempt to incorporate dyad grids (a type of psychometric test) into the therapy. The aim of the study is to examine whether this is feasible. The research team will measure this by observing:

- Participant retention in therapy (number of sessions attended and whether the participant completed or not)
- Therapist adherence to protocol (whether the dyad grids are completed and feed into the reformulatory and termination phases)
- Therapist feedback on any difficulties in adhering to the protocol
- The resources required to implement dyad grids into routine CAT

The research team will also measure:

- Participant feedback on the perceived benefits using a follow-up adapted change interview and the Helpful Aspects of Therapy questionnaire
- Analysis of sessional CORE-10 to assess pre and post-grid implementation in the reformulatory stage
- Analysis of the sessional outcomes comparing the reformulation phase (session 1-5) and the termination phase
- Analysis of the change in the dyad grid data that occurred during therapy
- Therapist feedback on the reasons for patients missing sessions or terminating therapy prematurely
- Therapist feedback on perceived benefits using a follow-up adapted change interview

**Intervention Type**

Behavioural

### **Primary outcome measure**

The following primary outcome measures are assessed at 24 weeks:

1. Participant retention in therapy measured using the number of sessions recorded as attended and whether the participant completed or not
2. Therapist adherence to protocol measured by assessing whether the dyad grids are completed and feed into the reformulatory and termination phases)
3. Difficulties in adhering to the protocol measured using Therapist feedback
4. The resources required to implement dyad grids into routine cognitive analytic therapy measured using a support and supervision log

### **Secondary outcome measures**

1. Participant feedback on the perceived benefits measured using a follow-up adapted change interview and the Helpful Aspects of Therapy questionnaire within 6 weeks of completing their therapy
2. Pre- and post-grid implementation in the reformulatory stage measured using by session monitoring tool CORE-10 on a weekly basis from weeks 1-24 of the study
3. Analysis of the sessional outcomes measured using CORE10 and the Helpful Aspects of Therapy Questionnaires comparing the reformulation phase (sessions 1-5) and the termination phase (sessions 19-24 in a 24-session CAT)
4. Any change in the patient's relationships measured using an analysis of dyad grid data during therapy
5. Reasons for patients missing sessions or terminating therapy prematurely measured using Therapist feedback 24 sessions
6. Therapist feedback on perceived benefits measured using a follow-up adapted change interview within 6 weeks of completing the therapy

### **Overall study start date**

01/05/2020

### **Completion date**

01/10/2022

## **Eligibility**

### **Key inclusion criteria**

1. Patients suitable for 24 sessions of CAT
2. 18 years old and over
3. Agree to undertake the dyad grid as part of their therapy
4. Agree to undertake the study measures as outlined in the protocol
5. Their therapist consents to attempt to undertake the dyad grids as outlined in the study protocol

### **Participant type(s)**

Patient

### **Age group**

Mixed

### **Lower age limit**

18 Years

**Upper age limit**

100 Years

**Sex**

Both

**Target number of participants**

6

**Total final enrolment**

7

**Key exclusion criteria**

1. Active psychotic, hypomanic or manic episode
2. Actively suicidal
3. Active and problematic substance dependence
4. Poor literacy
5. CAT sessions needing an interpreter

**Date of first enrolment**

30/09/2020

**Date of final enrolment**

01/04/2021

**Locations****Countries of recruitment**

England

United Kingdom

**Study participating centre****Gaskell House**

Swinton Grove

Manchester

United Kingdom

M13 0EU

**Sponsor information****Organisation**

University of Sheffield

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**Sponsor type**

University/education

**Website**

<http://www.sheffield.ac.uk/>

**ROR**

<https://ror.org/05krs5044>

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Gaskell Research and Development Fund

## **Results and Publications**

**Publication and dissemination plan**

Current publication and dissemination plan as of 21/11/2023:

The study is completed and has been written up and is currently under review in the Journal of Psychotherapy Integration.

Previous publication and dissemination plan:

Planned publication in the high-impact and peer-reviewed journal in the journal Psychology and Psychotherapy: Theory, Research and Practice.

**Intention to publish date**

01/01/2024

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study will be available upon request from Dr Amy Squire, [amy.squire@gmmh.nhs.uk](mailto:amy.squire@gmmh.nhs.uk).

All quantitative data from the study will be shared except for the results of any dyad grids. Dyad grid data will not be shared as it cannot be completely anonymised. Qualitative data will not be shared as it cannot be completely anonymised. The timing for availability is until 1st October

2027. Consent from participants was required and obtained and only fully anonymised data will be made available for sharing. Data sharing will only be considered when requested by an established researcher with a study that has received ethical approval.

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		01/11/2024	20/11/2024	Yes	No