

Participant Information 'Easy Read Version'



ADEPT-2

Autism Depression Trial



Useful words

You – you, if you decide to be in this ADEPT-2 study

We – the ADEPT-2 study team

GSH – 'Guided Self-Help' a type of talking therapy

UC – 'Usual Care' is the NHS support for depression on offer to you. This could be talking therapy such as cognitive behavioural therapy or counselling; anti-depressant medication; as well as self-care coping strategies and support groups in your local area.

Randomisation – a way to make two similar groups of people with the same chance of getting **GSH** or **UC**

Informed consent – learning about a study so that you understand it fully. Then, you can decide if you want to take part

Important things you need to know



- We are inviting adults with a diagnosis of autism who experience low mood/depression to take part in research.



- We want to know if a talking therapy called Guided Self-Help (GSH) helps reduce low mood or depression.
- We know GSH can help with depression in non-autistic adults. It is very commonly prescribed to non-autistic and autistic adults.
- This study will test whether it can also help with low mood/depression in adults with a diagnosis of autism.



- We also want to learn about how useful GSH is for healthcare providers as well as autistic people.



- If you **take part in this study**:

You will receive either **GSH** for up to **9 sessions**,

Or

Usual Care (UC), which is the NHS support for depression. This may include talking therapy, medication, self-coping strategies, and access to support groups.



50:50 chance

- The type of treatment you are offered will be decided by a process called **randomisation**.
- This is done so that everyone has the **same chance of getting GSH or UC**. This means that comparing the groups will be fair.

- If you experience any **problems** or have any **concerns** during the study, please **let the research team know** using the **contact details** on **page 6** of this leaflet.
- We can talk to you **in person**, by **video call**, on the **phone**, by **email**, or **a method preferred by you.**



COVID-19

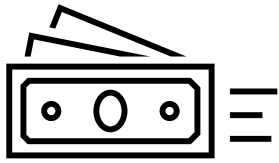
- **Coronavirus rules** might mean that how we talk to you has to change.



- For example, **meeting online or talking on the phone** instead of meeting in-person.



- You will **answer questions about your low mood/depression and service use** at the start of the study, and after 16 weeks, 32 weeks, and 52 weeks.



- You will get a **£10 gift voucher** for answering these questionnaires (up to £40 in total)



- **You can stop taking part in the study at any time**, and you don't have to tell us why.
- If you stop being in the study, it will not affect your medical care or legal rights.

If you want to take part, you need to:

- be aged 18 years or over;
- have a diagnosis of autism;
- experience low mood or depression;
- be able to complete forms with questions online or on paper;
- be able to give **informed consent** to take part.

If you want to take part, this would happen:



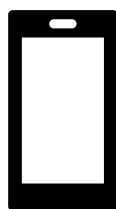
- You should now **ask us for the full Participant Information Leaflet**. You can do this by:

emailing us on:
Sarah.baillon@nhs.net



Writing to us at:
ADEPT-2 Study Team
Research and Development
Office
Swithland House
352 London Road
Leicester
LE2 2PL

Calling or texting us on:
Sarah Baillon – 07341789207

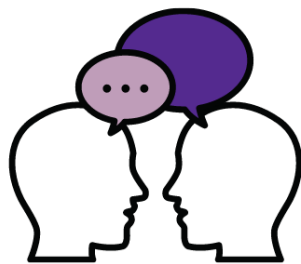


Or visiting our website at
www.bristol.ac.uk/adept or by
scanning the QR code to the left.





- **It is up to you if you want to take part** in this study, or not. You can **ask us any questions** before deciding.



- If you want to, you can also talk to family, friends, carers, or your doctor about the study before deciding.



- Next, we would ask you to **complete an Expression of Interest form**. We will give this form to you. Or we will send you a link so you can complete it **online**



- Your GP would know if you took part in the study, and if you stopped taking part.



- You would get **either GSH or UC**

- You may need to complete up to **9 sessions**, lasting 30-45 minutes, **if you receive GSH**



- The treatment can be stopped earlier if it does not suit you.



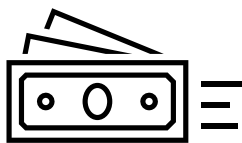
- If you have any **problems** during the study, you will be able to **contact the study team directly.**



- The information you provide to the research team will be treated as **confidential** unless you tell the research team or therapist that **you or someone else** is at **risk of harm**, or that you have or intend to **commit a crime**.
- If this happens, the research team will have to **inform your GP** and the **relevant authority**. We will discuss this with you first.



- We will send you **forms with questions** to answer after **16 weeks, 32 weeks and 52 weeks**.



- You will get a **£10 gift voucher** for answering these questions.



- At the end of the study, you can **discuss your future treatment with your GP**.

What are the next steps?

1. If you would like to take part, please complete the expression of interest form online or return this to us using the pre-paid envelope provided.
2. If you are eligible to take part, the study team will be in touch to answer any questions you may have, record your consent and arrange your first study appointment.

**Thank you for taking the time to read this information.
Please keep a copy for your records.**



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