

A DELPHI STUDY TO IDENTIFY THE MOST CLINICALLY EFFECTIVE COMPONENTS OF CBT

We would like to invite you to take part in a research study. Before you decide whether to take part, it is important for you to understand why the research is being done and what it would involve for you. Please take the time to read the following information carefully. Please ask us if there is anything that is not clear or if you would like more information.

The INTERACT study

Cognitive behavioural therapy (CBT) is an effective treatment for depression but there is substantial variation in the provision of high intensity treatment. CBT-based computerised interventions were designed to make CBT widely available at low cost. However, engagement with computerised CBT is poor. We have shown in previous studies that it is clinically and cost-effective to have a therapist deliver CBT online in real-time using instant messaging. Technological advancements make it possible to reduce therapist time and integrate online materials within therapy.

INTERACT is a new 6 year programme of research that will develop and evaluate a new intervention that will integrate the use of online CBT materials with therapist led CBT for depression. It will blend high intensity therapy with innovative use of technology to maintain the effectiveness of face-to-face CBT. It will increase the general availability of CBT and include groups for whom access is difficult. The novel intervention will be developed so that it can be easily incorporated into existing NHS psychological services within the UK.

Why are we doing this study?

The first part of our research focuses on the development of the online CBT materials that will be an integral part of the intervention. The aim of this Delphi study is to identify the most effective components of CBT in bringing about clinically helpful change through a consensus approach.

Why have I been asked to take part?

As a recognized expert in the field of psychological interventions, we are keen to hear your views about the most effective components of CBT.

What does taking part involve?

We are inviting you to be a Delphi panel member. This would involve answering a brief online questionnaire asking for your views on the most effective components of CBT in terms of both content components (that facilitate behaviour change) and process components (procedures for delivery of therapy). The questionnaire would take about 15 minutes to complete.

After analysis of the first round results, you would be asked to complete a second questionnaire that would include a summary of the responses from all panel members along with your responses to the earlier round. You would then be asked for your views again.

Through this process, we hope to arrive at a consensus regarding the most effective components of CBT. You will be sent a summary of the findings.

If you are willing to take part, please fill in the questionnaire which is available online at the web address given in your invitation email.

To allow timely completion of the study, we hope that participants will respond within 2 weeks of this invitation. One reminder e-mail will be sent for each round.

The results from the Delphi study will be combined with data from a network meta-analysis (conducted by other members of the research team) to inform the final design of the intervention.

Do I have to take part?

We hope that as many people as possible will participate but it is up to you to decide whether or not you want to take part. After 2 weeks, if we have not received a completed questionnaire, we will send you a reminder e-mail to check that you have received our invitation.

If you decide not to take part, please email the INTERACT team (bris-interact@bristol.ac.uk) and we will not contact you again.

What will happen to the information that I provide?

The information you give is confidential and will not be disclosed to anyone outside the **INTERACT** team. We will use the data from this survey to inform the development of the online materials for our intervention.

All the information will be stored securely according to the Data Protection Act 1998. If you complete the questionnaire online, your email address will be stored with the questionnaire data in the secure 'REDCap' database hosted by the University of Bristol. All data will be analysed and reported in an anonymised format.

Who is organising and funding the study?

The study is organised by University of Bristol, in collaboration with the Universities of Glasgow, Hull and York, and University College London. It is funded by a grant from the National Institute for Health Research Programme Grants for Applied Research (RP-PG-0514-20012).

Who has reviewed the study?

This study has been reviewed and approved by the University of Bristol Faculty of Health Sciences Research Ethics Committee (ref: 31642).

Who do I contact for further information?

For further information, please contact the **INTERACT** team at the University of Bristol on bris-interact@bristol.ac.uk or 0117 331 3357, or at the address below:

INTERACT, University of Bristol, Oakfield House, Oakfield Grove, Bristol, BS8 2BN

Thank you for considering taking part in this research