

The PRotect after depression trial: Results summary for participants

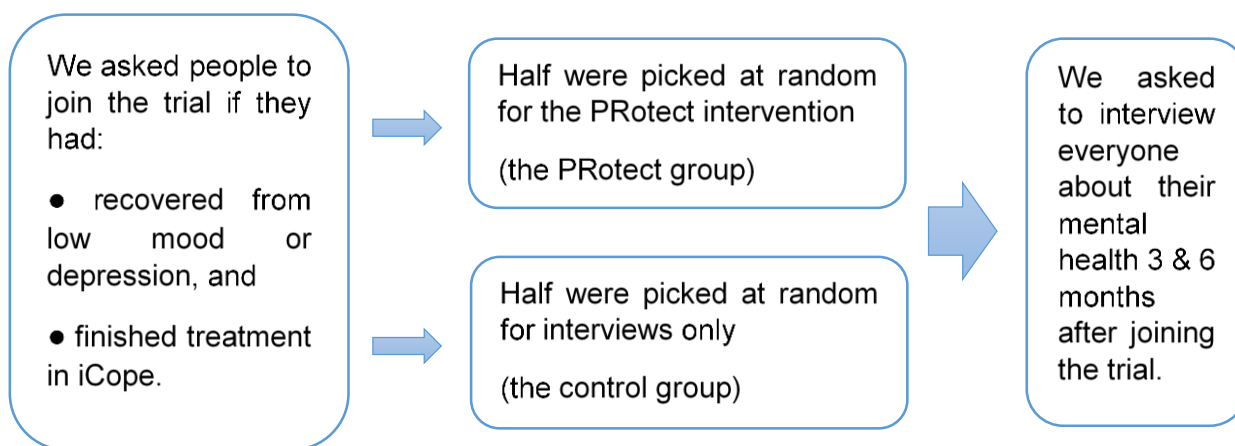
Study aims:

- To look at mental health after treatment for depression or low-mood.
- To see if the PRotect workbook and workshop are useful, and should be offered to more people.

Study setting:

This trial took place in 'iCope', Camden and Islington NHS Psychological Therapies Services.

Methods:



Results:

- 83 participants
- Ages 18-86
- Most were female (66%), British or dual British (63%), white (68%), heterosexual (83%), not religious (64%), and in employment (68%).

Most people stayed 'well' during the study.

In the PProtect group, 1 person in 11 had an episode of depression (and we don't know about 3).



In the control group, 1 person in 7 had an episode of depression (and we don't know about 3).



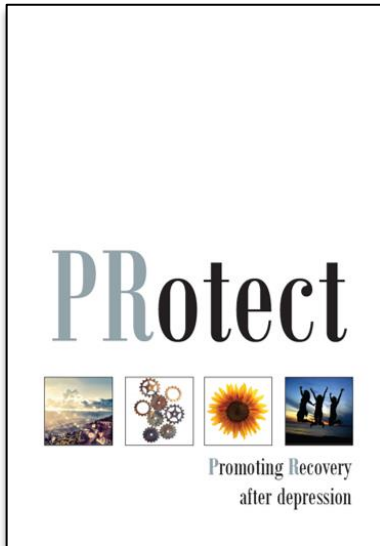
In the PProtect group

90% stayed 'well' on depression scores
84% stayed 'well' on anxiety scores
75% were functioning well at work and home

In the control group

84% stayed 'well' on depression scores
81% stayed 'well' on anxiety scores
69% were functioning well at work and home

The PRotect group



42 people were sent the PRotect workbook

The workbook includes four 'routes' to wellbeing. Each route uses research evidence and 'tips' from people about how they stay well. It also has the steps to take to form new habits.

The workbook is available on request (see contact details below).

26 of these people went to a PRotect workshop

This was led by two iCope staff, at St Pancras Hospital. It started at 5.30pm and lasted 1-2 hours. The group explored the workbook in depth. There were extra activities and tasks for the group to do, and local information.

The most common reason for not attending the workshop was time constraints. Some people did not want to go to a group.

79% started wellbeing activities because of the workshop. These were often small, daily habits. Some lasted for the whole 6 months of the trial.

Actually yes, I put the Wi-Fi off before going to bed.

I've added the affirmations, doing daily affirmations.

It's because of the trial I ended up going to yoga, I go every week.

21% did not make changes after the workshop, normally as they didn't feel it added anything new.

No I didn't actually. I felt like I was already doing those things.

It does sometimes prompt me to think about how things are going in my mental health, but not a profound change in my behaviour.

What happens next?

- We have written a report for an academic journal. When published, it will be available globally to researchers who study mental health, depression and relapse prevention. As you have asked to see the study results, we will send you a copy.
- We have used your feedback to make changes to the PRotect workbook and workshop.
- iCope are looking at the information you gave. They will use it to improve aftercare for new clients. They are considering how PRotect might be offered within their services, and whether peer supporters could lead the workshops.

If you have any questions or comments, or would like to opt-out of receiving the academic paper, contact:

Katherine Clarke (02031083260) • k.clarke@ucl.ac.uk • 1-19 Torrington Place, London, WC1E 7HB

Professor Stephen Pilling • s.pilling@ucl.ac.uk • 1-19 Torrington Place, London, WC1E 7HB

Thank you for giving your time, energy, and care to this research trial.