

STUDY ACRONYM SUMMARY

TITLE: Caring for Carers: Pilot randomised control trial of Positive Written Disclosure for Older Adult Carers of people with psychosis.

ACROYNM : C4C

Chief Investigator: Dr Christina Jones

University / Sponsor: Brighton and Sussex Medical School

Principal Investigator: Dr Meenaxi McGill

What is the study about? This is a pilot study which aims to determine whether a writing therapy called Positive Written Disclose (PWD) is effective in improving the health and wellbeing of older adult caregivers of people with psychosis. This pilot trial will determine whether the intervention shows promise and consequently whether a definitive trial is justified.

Who can we include?

- ✓ Aged 50 or over
- ✓ A caregiver
- ✓ Their care recipient must experience psychosis i.e. a diagnosis of schizophrenia, schizoaffective disorder, schizotypal personality disorder, delusional disorder, psychosis not otherwise specified, bipolar, or depression with psychotic features
- ✓ Able to read, write and communicate in English

Who do we need to exclude?

- Currently receiving or have confirmed plans to engage in psychological therapy of any form (including family therapies)

What is involved for KMPT staff?

- Clinician referrals - Screen your caseload for patients with psychosis and ask them to share information with their carers/relatives
- To share information within KMPT carer's support groups

What is involved for the patients?

- ✓ **Initial meeting with researcher** – Give informed consent and complete baseline assessment
- ✓ **Then randomly assigned to one of three groups:**
 1. Positive Written Disclosure (PWD) group - writing about a positive memory for 20 minutes a day for 3 consecutive days
 2. Writing control task (WC) group - writing about a neutral image for 20 minutes a day for 3 consecutive days
 3. Non-writing control (NWC) group
- ✓ **Follow-up at 1 month, 3 months and 6 months** – complete baseline assessment questionnaire via post
- ✓ **Interview (optional)**- participants who are allocated to complete a writing task will be invited to take part in a 1:1 interview to discuss their experience of the study

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