

C4C

Caring for Caregivers

Recruitment is currently taking place for the C4C research study

This research aims to investigate the effectiveness of a self-directed writing therapy called **Positive Written Disclosure for Older Adult Caregivers of people experiencing Psychosis.**

To take part, participants **must** be:

- Aged 50 or over
- Currently a caregiver (providing unpaid support to someone who can't manage to live independently or whose health/wellbeing would deteriorate without this help)
- The care recipient must have a psychosis diagnosis (including schizophrenia, schizoaffective disorder, schizotypal personality disorder, delusional disorder, psychosis not otherwise specified, bipolar, or depression with psychotic features)
- Able to read and write in English

Participants that are part of this trial will be randomly allocated to receive either Positive Written Disclosure, a writing control task, or no writing task.

We will ask participants to complete some questionnaires at four different time points. All of the questionnaires and writing tasks can be done in participant's homes.

At the end of the study **everyone** will receive the Positive Written Disclosure therapy materials.

To find out more...

Please contact either the Trial Manager or your local Project Leads:

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