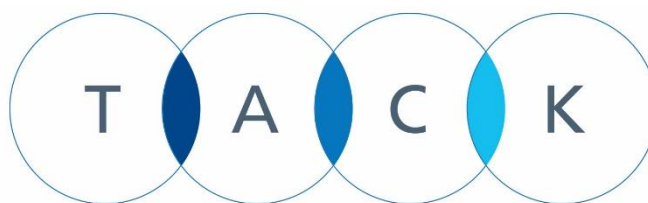


March 2021



TACKLING CHRONIC DEPRESSION

*TACK recruitment has been progressing despite the challenging circumstances caused by the pandemic. In addition to the ongoing activities in the existing sites, two new sites have recently started recruiting (North East London NHS Foundation Trust and Somerset NHS Foundation Trust) and one will do so in the next few weeks (South London and Maudsley NHS Foundation Trust). We are currently exploring possibility of adding a new site in the North England with Lancashire and South Cumbria NHS Foundation Trust expressing interest in joining the TACK study.*

### The TACK RCT progress

The TACK study researchers in Oxford, Gloucester, Sheffield and Devon have been working hard to recruit new clinicians and service users into the study and to follow up the existing ones. The recruitment rates have been improving in all of these sites despite some difficulties in motivating participants due to the ongoing lockdown.

NELFT (East London) and Somerset Trusts started recruiting in January. NELFT researchers have already reached their target of consenting 7 clinicians and have randomised their first cluster. The researchers in Somerset have consented 5 clinicians. The recruitment in EPUT (Essex) has also restarted in January with 3 clinicians and 2 service users consented so far and the first cluster randomised. EPUT services are currently short-staffed and have a significant proportion of temporary agency staff members which makes it more difficult to find suitable participants. The recruitment in SLAM (South London) will commence in the next couple of weeks.

The representatives of Lancashire and South Cumbria NHS Foundation Trust have recently expressed interest in participating in TACK and are currently discussing their inclusion with the TACK project manager.

### Project Management Group (PMG) meeting

The 7<sup>th</sup> PMG meeting was held on the 28<sup>th</sup> January 2021. The PMG members were presented an update on the progress of the overall study, reports from the individual sites and feedback on activities of the TACK LEAP. They were very supportive and expressed their satisfaction with the study progress, given the challenging circumstances. The next meeting has been scheduled for the first half of April when we will have more clarity about the state of recruitment and the length of the required extension.

### Lived Experience Advisory Panel (LEAP) meeting

The 10<sup>th</sup> TACK LEAP meeting was held remotely on 15<sup>th</sup> January 2021. The LEAP members were updated on the TACK study progress and the current state of recruitment for the RCT. The qualitative findings on the experiences of the participants using DIALOG+ in the TACK feasibility study (WP3) were also presented. Potential participation of the TACK LEAP in developing lived experience advisory panels in India and Pakistan as a part of a new research study (PIECes) was discussed with the members and they were very supportive of this development.

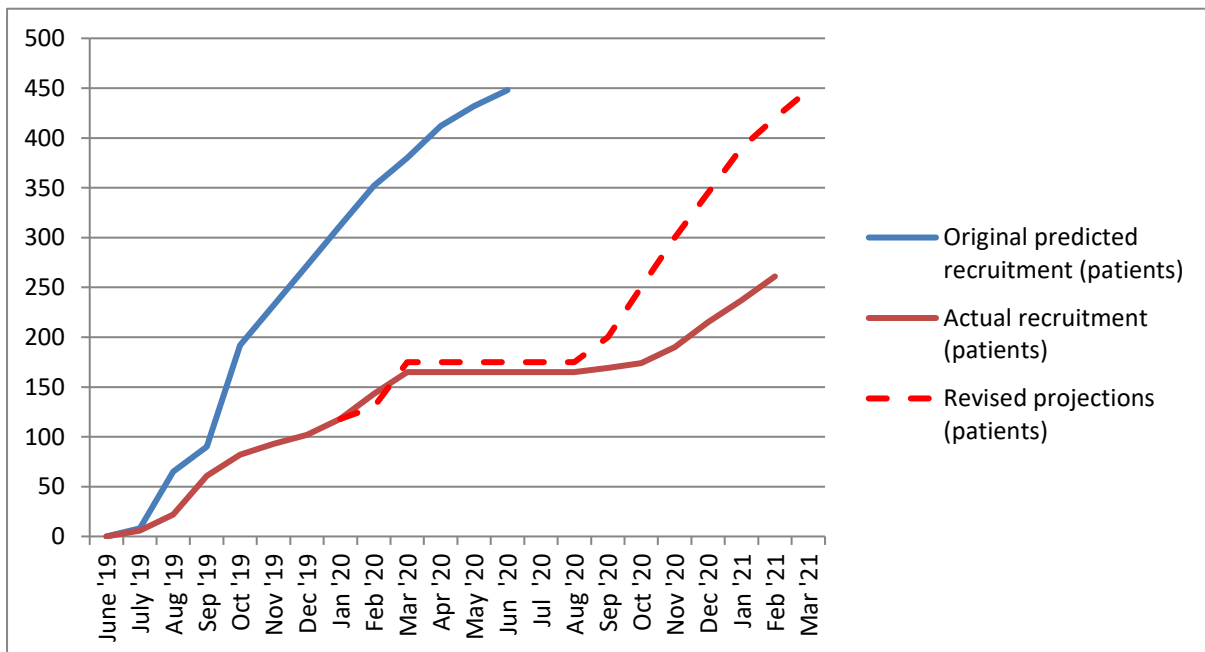
## Future plans- WP5 Qualitative Study

For Work Package 5 we will interview 36 service users and 24 clinicians about their experiences of using the DIALOG+ intervention within the TACK RCT. The interviews will be audio-recorded, transcribed and analysed using thematic analysis. We have devised the inclusion criteria with the view of capturing a variety of possible experiences and will take into account the following: how many DIALOG+ sessions have been completed, age, gender, clinical setting, MANSA score at 12 month & satisfaction with the treatment for service users, and professional background & years of experience for clinicians. The TACK researchers have received relevant training and have started identifying suitable participants. The first interview was carried out with a clinician in Gloucester on 11<sup>th</sup> Feb 2021.

### Recruitment and Data Collection Update

The number of participants who have consented into the study as of 19.Feb.2021 are 254 service users and 128 clinicians. In terms of data collection, 231 baseline assessments, 94 3-months, 71 6-months and 58 12-months assessments have been carried out. A total of 49 clusters have been randomised so far (49 clinicians and 169 service users). As the upper age limit for inclusion in the trial has been increased from 80 to 100 years, we will now make an effort to also recruit clinicians and service users from Older People's mental health teams across different sites.

TACK Programme Steering Committee (PSC) approved the internal extension of the recruitment period till the 31st March 2021. A potential further extension of the recruitment period and the overall Programme has also been discussed with the PSC and the Funder. An official request will be submitted in Spring / early Summer when we have a better idea of realistic recruitment rates and the length of the extension needed.



### Predicted vs actual recruitment of service users into the main trial as of 01.Mar.2021