

# EQUITY Newsletter #4

## FEASIBILITY STUDY



**FEASIBILITY STUDY:** "Research carried out before a main study to answer the question 'Can this study be done?'" Before a full evaluation trial the intervention should be "optimal, acceptable and deliverable." (Medical Research Council 2021)

### THE EQUITY INTERVENTION

From our early work we developed an intervention which aimed to improve the quality of telephone delivered psychological therapies.

It consisted of three elements:

- An information leaflet for patients
- Training for practitioners
- A service guidelines booklet

### WHAT WE DID

To test the intervention we:

- Conducted a small study with three IAPT services
- Interviewed the service leads, practitioners, and patients about the content and delivery of the three elements of the intervention
- Asked people to complete questionnaires before and after attending the training
- Collected routine patient data

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### WHAT WE FOUND

"The EQUITY intervention was very relevant but we are trying to implement it at a very difficult time" (Service Lead)

"The service guidelines are hard to monitor and share and some of the recommendations are not relevant to us" (Service Lead)

"The training was good but I would like more time dedicated to skill development and specific interventions" (PWP)

"I received lots of things but I don't recall getting a leaflet about telephone therapy" (Patient)

### WHAT WE'VE CHANGED

- An additional workshop has been introduced to further support services to implement the intervention.
- The service guidelines have been redesigned as an interactive document where tasks could be prioritized, action plans drawn up and progress recorded and monitored.
- The training has been reconfigured so that more time could be dedicated to skill development.
- The best time and method of distributing the patient information leaflet will be discussed with service team members at the additional workshop.

### WHAT NEXT?

The revised EQUITY Intervention will be evaluated in a cluster randomised trial involving 26 services, half of whom will receive the intervention.

### WANT TO KNOW MORE?

A detailed report is available here:

<https://sites.manchester.ac.uk/equity/feasibility-study-report-final-04-04-2022/>