



# EQUITY Newsletter #5

## TRIAL UPDATE

June 2022

*Enhancing the quality of psychological interventions delivered by telephone*

### THE EQUITY TRIAL

The trial aims to establish whether the addition of the EQUITY behaviour change intervention can improve the quality of psychological interventions delivered by telephone, and improve patient health outcomes and engagement with treatment.

It is a Cluster Randomised Controlled Trial. This means that half of the IAPT services involved will receive the EQUITY intervention, and half will not receive the intervention and will continue as usual.

### WHAT DOES THE EQUITY INTERVENTION INVOLVE?

IAPT services allocated to the study 'intervention' will attend/receive:

- **Guidelines for services and a team workshop** to explore different ways to enhance telephone treatment and develop an action plan to facilitate its use in everyday practice
- **Practitioner training** on delivering treatment by telephone to maximise engagement with telephone treatment and improve skills for its delivery
- **Resources for patients** (poster, leaflet, appointment card) to improve knowledge on telephone treatment and ensure clarity around treatment expectations.

### WHO CAN TAKE PART?

- IAPT services delivering guided self-help treatment by telephone across England
- Adults (18+) receiving telephone treatment in these services and IAPT practitioners

### TRIAL OUTCOMES

- All patients receiving telephone treatment at the participating services will be invited to complete measures at **6 and 12 months** to evaluate whether the EQUITY intervention has improved patient health outcomes and attendance at treatment sessions
- Service leads, practitioners and patients receiving the EQUITY intervention will be invited to take part in an interview to explore the **acceptability** of the intervention.

### PROGRESS SO FAR...

The EQUITY trial commenced in October 2021 and has so far successfully recruited 14 NHS IAPT sites. We aim to recruit 26 IAPT services in total.


### INTERESTED IN TAKING PART?

**We are still recruiting Step 2 IAPT sites!**

If you are interested in taking part, or would like more information please contact the Programme Manager, Dr Judith Gellatly (Judith.L.Gellatly@manchester.ac.uk).

**Please forward to any other IAPT sites that may be interested!**

KEEP UP TO DATE WITH OUR RESEARCH

Twitter  @EQUITYMH

Website: <https://sites.manchester.ac.uk/equity/>