



What is Cognitive Behavioural Therapy?

CBT is a talking therapy that has proved helpful for a range of psychological difficulties.

The CBT used in the BART trial

is based on the idea that how

people think about their mood or

other factors such as energy levels can

lead to cycles of feeling, thinking and behaviour that can escalate, leading to mood swings and episodes continuing.

CBT helps to identify these cycles, and in turn to help people manage changes in mood, and to improve their quality of life. CBT could potentially provide many advantages such as helping people to recover more quickly from difficult experiences and live their lives in the way in which they would like.

Compensation

In order to compensate you for your time we will offer you £20 at each assessment point (i.e. after the initial assessment, at your 4 month follow-up, 6 month follow-up and again at the 12 month follow-up point) totalling £80, plus a £5 supermarket voucher for a 9-month check in call. Compensation is not given for the CBT sessions. **You can leave the study at any time. This will not affect your care.**

How can I find out more?

If you would like more information, we are more than happy for you to contact a member of the research team.

To discuss taking part in this study, please contact:

Please note that if you decide to take part we will need to inform your care provider (e.g. your GP).

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Are you aged 16-25?

Do you experience periods of high and/or low mood that you find difficult to manage at times?

We are looking for people who may be at high risk of developing Bipolar Disorder (BD) to take part in a **research trial** looking at the possible **benefits of Cognitive Behavioural Therapy (CBT)** to help with difficulties associated with **high and/or low mood**.

What is this research about?

BART II is a research trial looking at whether a new kind of **CBT** is helpful for people who may be at risk of developing **Bipolar Disorder (BD)**. **CBT** aims to help people to understand and manage their changes in mood, and to improve their quality of life.

What are the benefits of taking part in research?

Research studies like the **BART II** trial are important to help develop the best possible help for people experiencing mental health or emotional difficulties. Whether or not you receive therapy in this trial, feedback from previous studies suggests that trial participants often feel good about being part of something that could help provide better care for others in the future.

What will happen if I choose to take part?

If you are interested in taking part, one of our research assistants will get in touch to discuss the trial in further detail with you. We will provide you with enough information to make an informed decision and answer any questions that you might have. We may also need to talk to someone who already knows you such as a GP, a care coordinator or mental health professional to make sure that the **BART II** trial is suitable for you.

