

WHY ARE WE DOING THE STAR TRIAL?

Stressful or traumatic events are common, and can have a lasting impact. Trauma talking therapy is recommended for people who are experiencing difficulties due to such events. Small studies have shown that it is safe and can be helpful for people with problems like voices, visions, and sensations, or worries about being unsafe or persecuted.



The STAR trial is a large study to find out if this trauma therapy is helpful for a range of problems. We do not yet know if adding this therapy to usual care is helpful; this is what we will find out from doing this study. We will compare people who get their usual care with people who have the therapy on top of their usual care, and follow them up over time.

If the therapy is found to be helpful, we will aim to make it more widely available on the NHS.

WHAT IF I DON'T WANT TO TAKE PART?

Taking part is completely your choice. You don't have to take part. Even if you say yes now, you can change your mind later. It won't affect your care or rights in any way.

WHAT WILL HAPPEN IF I TAKE PART?

Here is what will happen if you take part:

- You will meet with a Research Worker to answer some questions about your past and current experiences, to decide together if the STAR trial is suitable for you.
- If it is, you will be asked to answer more questions about your current problems.
- **You will be allocated by chance to either receive the therapy in addition to your usual care, OR continue with just your usual care. There is a 50:50 chance that you will get the therapy (like flipping a coin).** 
- No matter which research group you are in, you will be invited to meet with the Research Worker three more times over a period of 2 years (after 4, 9 and 24 months). We will ask you the same questions, to see whether things have changed for you over time. All meetings will last between 2-2.5 hours. We will also keep in touch with you by phone between the last two meetings.

WILL I GET ANY REIMBURSEMENT?

If the trial is suitable for you, you will get £20 and travel expenses for the meetings with the Research Worker, but not the therapist. We will meet at a time and place convenient for you.

WHO IS THE STAR TRIAL FOR?

This study is for anyone who is over 18 and:

- Has been through stressful or traumatic events or experiences.
- Is **experiencing common effects of trauma** like upsetting memories, nightmares, constantly feeling on edge, and difficult thoughts and feelings.
- Has problems like **hearing, seeing or feeling things that other people can't**, or have **worries about being unsafe or persecuted.**

WHAT DOES THE THERAPY INVOLVE?

The therapy is a type of Cognitive Behavioural Therapy (CBT) focusing on managing common effects of trauma. It aims to help people to make sense of past events and how it affects them now. It aims to find new ways of dealing with difficult memories, experiences and feelings. This includes experiences like voices, visions, sensations and worries about harm or persecution. Therapy involves **weekly sessions with a trained therapist for 9 months.** 

Here's what someone who found the therapy helpful said:

"When I first came to the sessions I was real nervous...but over time I got more comfortable and didn't really want it to end"

WHAT DOES THE 'USUAL CARE ONLY' GROUP INVOLVE?

- If you are in the research group where you continue with just your usual care **you will still be able to have therapy available elsewhere, with your team or another clinic.**
- We will send you a list of services in your local area that may be able to offer you further support, in case that's helpful.
- You will still have the opportunity to discuss your experiences with the Research Worker, and get reimbursed £20 each time.
- You will get a personalised summary report of what you share with us about how you have been impacted by the past and your current wellbeing. If you wish, we can share this with your team, which can help inform the care your team offers you.

Regardless of which research group you are in, everyone taking part in the study is essential to the trial and you will be making a vital contribution to improving the support the NHS offers to people with similar problems.



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WHO ARE THE RESEARCH TEAM?

The STAR trial has been developed by leading clinicians, researchers and people with personal experience of mental health difficulties and trauma.

It is running in London, Manchester, Newcastle, Oxford & Sussex. The study is funded by the NHS' National Institute for Health Research.

In London, the Research Worker is Molly Bird, and the Therapist is Samantha Mansell.



Dr Samantha Mansell



Molly Bird

TO FIND OUT MORE ABOUT THE STUDY
& HOW TO TAKE PART, PLEASE GET IN TOUCH:

Email: STAR@SLAM.nhs.uk
Mob: [number]
Website: www.STARtherapytrial.co.uk

Recruiting until 2022

Institute of Psychology, Psychiatry &
Neuroscience (IoPPN), De Crespigny Park,
Denmark Hill, London, SE5 8AF

STAR Trial

Leaflet V2.00 18/01/2021

IRAS ID: 275697

KCL LOGO HERE

SLAM LOGO HERE



Study of Trauma And Recovery

STAR Trial: Trauma talking therapy

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