



ImPaCT – Improving Participation in Cognitive Therapy

What is it?

ImPaCT is a Randomised Controlled Trial of cognitive remediation, an intervention to improve neuropsychological functioning. We hope that improving concentration, memory and planning before a course of Cognitive Behavioural Therapy will improve its outcome.

Who is eligible for the study?

We are looking to recruit individuals who are on the waiting list for CBT at the EIS and:

- Are aged between 18 and 35
- Able to give informed consent
- Fluent in English
- Do not have a known organic cause for their psychosis
- Are not substance dependent

What will it involve?

Following discussion between clinical staff and clients, potential participants will be seen by a research assistant who will explain the trial and gain consent. There will follow two assessment sessions where symptoms and neuropsychological functioning will be assessed before the individual is randomly allocated to receive cognitive remediation therapy or befriending. Both remediation and befriending (the comparison intervention) will be matched so they involve the same amount of contact. The intervention will take place while the participants are on the EIS waiting list for CBT. We hope that, since both interventions involve support and contact, participants will benefit whichever condition they are randomised to. The study aims to see if there is greater benefit from the more specialised intervention.

How long will it take?

The intervention/befriending will last up to 12 weeks. After that participants will have CBT delivered by the EIS. They will be followed up during therapy and afterwards by the research assistants. After 30 weeks they will have a final assessment.

Contact

If you require any further information about the study please contact **Alicia** at alicia.picken@lancashirecare.nhs.uk or by telephone on 01254 226 312