



ReCAP aims to examine the benefits of an integrated Motivational interviewing and cognitive behavioural therapy (MiCBT), in addition to usual care for people who sometimes use cannabis and have experienced a first episode of psychosis.

Why is the study being done?

Sometimes we don't know which psychological treatments work best. To find out, we need to compare different treatments. We put people into groups and give each group a different treatment. The results are compared to see if one is better. This study will investigate the benefits of two psychological treatments to see which is better at reducing relapse.

Who can take part?

Anybody who is currently being seen by the Early Intervention Service, is aged 16-35 and who sometimes uses cannabis.

What happens to people who participate?

Interested people will be asked to meet with a researcher to find out if they are eligible for the study. The researcher will be able to answer any questions or concerns at this visit.

People who agree to take part will be allocated at random to one of 3 groups:

- Usual treatment from the EIS
- Usual treatment with up to 12 sessions with a psychological therapist (over 4.5 months)
- Usual treatment with up to 24 sessions with a psychological therapist (over 9 months)

In addition, they will be asked to complete some questionnaires and take part in interviews with the researcher at the start of the study, after 4.5 months, 9 months and after 18 months. The researcher will ask about how participants have been feeling, their drug use and any problems they have experienced. These assessments will take approximately 2 hours to complete and can be spread over more than one visit, either at home or a suitable NHS location.

Confidentiality

All information which is collected during the course of the research will be kept strictly confidential. Information collected in the trial will not be fed back or exchanged to people in the EIS without consent.

Assessments will be conducted by:

Joanne Cater, ReCAP Research Assistant
The Lantern Centre, Preston, PR2 8DY

Contact

If you require further information about the study please contact Joanne on 01254 226 312