

EYE-D Study

EMDR Therapy for Depression

Summary Participant Information Leaflet

We are asking if you would like to take part in a research study

Please read this leaflet and see what you think. Take your time.

1. What are we trying to find out?

We know that many people get depressed because of stressful or traumatic things that happen in their lives.

There is a treatment called **Eye Movement Desensitisation and Reprocessing** therapy or **EMDR**.

We already use this treatment to help people with post-traumatic stress disorder (PTSD). We want to find out if it could be used to help people with depression.

3. Why have I been asked to join this study?

We have asked GPs to help us find people who might be suitable for the study because they may be suffering from depression. Your GP has spoken to you about the study, or sent you an invitation letter in the post.

No information about you will be given to EYE-D researchers without your permission – only you can choose to contact us.

2. What is EMDR?

EMDR is a psychological treatment – it does not involve medication.

A trained therapist asks you to think about a **distressing or stressful memory** while following their **finger moving side to side**. You are not hypnotised. The idea is that this helps you process the memory so it becomes less distressing and helps you feel better.



Please scan the QR code or visit <https://eyed.blogs.bristol.ac.uk/participants/> to watch a video about EMDR in the EYE-D study.



4. What will happen next?

If you got this information sheet with a letter in the post, you can either:



fill out the reply slip and send it back in the prepaid envelope provided

or



fill out the form online using the QR code at the top of the invite reply slip.

If your GP has spoken to you about the study and you would like to take part, please ask them to refer you to the study (if they haven't already done so).

If you are interested in taking part, someone from the research team will call you to explain the study and ask some questions about your health.

This takes about 15 minutes. They will answer any questions you may have.

5. How will you know if the study is suitable for me?

We are looking for people who:

- Have depression
- Are not having a talking therapy like CBT
- Are willing to focus on memories of past stressful experiences

6. What if I don't want to take part?

Your medical care **will not be affected**. You can still help us by answering a few questions to help us understand your reasons, but you don't have to give a reason.

7. What will happen if the study is suitable for me and I agree to take part?

We will offer you an appointment with a researcher.



If you think the study is right for you, and you meet the study criteria, we will contact your GP to let them know you are taking part.



We will ask you to sign a consent form. We will then ask you some questions about your background, your health, and what treatments you have had. If you want to, you may also bring a trusted friend or family member to support you. This appointment usually takes between 1 - 2 hours.



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You will then be **randomly assigned** to one of two groups:

EMDR Therapy -

Up to 18 weekly sessions with a therapist (up to 90 minutes each)

Usual Care -

Your regular GP care

Follow up - Questionnaires

→ 2 week questionnaire

→ 8 week questionnaire

→ 16 week questionnaire

→ 26 week questionnaire

→ 39 week questionnaire

End of study

→ 52 week
questionnaire

EMDR therapy will be in-person and can be done at your GP surgery, another local NHS clinic, or at one of the participating Universities. You will be supported by your therapist throughout the process.

If we are going to find out if EMDR really works for depression, then we need to compare it with the care people usually get from their GP. The choice is made by a computer at random—like flipping a coin. You won't be able to choose which treatment you get.

8. How long will I be in the study?

You will be in the study for a year. We will ask you to spend time completing questionnaires.

These will mostly be tick box, multiple choice answers.

There will be some shorter questionnaires that we will ask you to fill in at 2, 8, 16 and 39 weeks after the start of the study.

This will take about 15-30 minutes. There are also some longer questionnaires (30 - 50 minutes) at 26 and 52 weeks, at the end of the study.

9. What will happen if I do not want to carry on with the study?

If you agree to take part and change your mind, you can drop out at any time by contacting the research team on 0117 4550797 or by emailing us at eye-d-take-part@bristol.ac.uk. We would use the data collected up to the point you leave the study.

11. What are the good things about taking part?

- You will help us understand if EMDR is a useful treatment for depression.
- If you receive EMDR, this might be helpful for you



It is very important that we have a comparison group of people who receive usual care. This is the only way we can find out if this treatment works.

10. Optional interview study

Some people may be invited to do an interview to share their views about the study and treatments. This is voluntary.

12. What might not be so good?

- Talking about or revisiting difficult or stressful past experiences can be upsetting.

We are very aware of this and will support you and contact your GP if necessary. Our experienced EMDR therapist will support you throughout EMDR sessions.



- If you do not get EMDR, you may feel disappointed.

13. What information will be collected about me? How will it be used? Will it be confidential?

In this research study we will use information from you and your GP. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules. At the end of the study we will save some of the data in case we need to check it and for future research.

We will make sure no-one can work out who you are from the reports we write. The information pack tells you more about this.

14. Will I get any payment from being in the study?

We don't pay you, but as a goodwill gesture we offer a £20 shopping voucher for each of the questionnaires you fill in at 26 and 52 weeks, and a £10 voucher for three of the shorter questionnaires (8, 16 and 39 weeks). If you chose to take part in an interview to share your views about the study and treatments, you will also be offered a £20 shopping voucher.



15. What if I am not happy and want to make a complaint?

If you have a problem whilst in the study, you can contact the study team using the contact details provided below:

16. Where can I find out more information about taking part?

A more detailed information leaflet is available online at: <https://eyed.blogs.bristol.ac.uk/information-for-participants/>, or we can send you a copy:

EYE-D study team contact details:

Email: eye-d-take-part@bristol.ac.uk Tel: 0117 4550797

Thank you for reading this leaflet and considering taking part in our study.