

## THE READY TRIAL STAKEHOLDER FORUM REPORT

30<sup>th</sup> September 2020

We would like to take this opportunity to thank you all again for attending the first stakeholder meeting on 30 September 2020, and for your valuable input into this project. The event has helped to inform the research process by highlighting what is important to consider when supporting young people experiencing depression. A summary of the meeting is provided for your information. Please see the attached PowerPoint slides.

The READY Trial is a Randomised controlled trial of energetic activity for depression in young people, aged 13-17 years. It aims to investigate whether:

- exercise is an effective treatment for young people with depression
- the intensity level makes a difference
- whether it is good value for money for the NHS

The project is being led by the University of Hertfordshire in collaboration with the Universities of Bedfordshire and East Anglia, three NHS Mental Health Trusts (in Hertfordshire, Norfolk & Bedfordshire) and the local Community Sports or Active Partnerships. The current phase aims to establish the feasibility of conducting a full trial

<https://www.fundingawards.nihr.ac.uk/award/17/78/10>

**Aims of stakeholder meeting:** To gain expert input to different aspects of the research process: recruitment, design and delivery of interventions and dissemination. This will ensure that the research outcomes are relevant to services who will support delivery when the research is completed.

**Contributors:** Our stakeholder forum comprises 26 people from various organisations with a range of professional backgrounds and experiences of working with young people who have depression. Nineteen participants from various organisations attended the first meeting, including members of the research team, the Public Involvement in Research Group (PIRG), Clinical Commissioning, public health, voluntary organisations, sports partnerships and the NHS.

**Facilitators:** Members of the READY Trial Research Team from the University of Hertfordshire: Dr Daksha Trivedi, Megan Smith, Dr Julia Jones, Claire Rourke, Dr Lindsay Bottoms, Dr David Wellsted and Dr Neil Howlett

**Topic:** We presented an overview of the trial, the issues and concerns around recruitment and delivery during Covid-19 social distancing, plans for online screening and assessment, training of registered exercise professionals, and online delivery of exercise interventions. We discussed the valuable input from the Young people's Advisory Group and the PIRG throughout the planning, particularly their views on exercise delivery due to social distancing. We considered communication and dissemination via relevant networks and organisations represented by the stakeholder group members.

# SUMMARY OF DISCUSSIONS STAKEHOLDER FORUM MEETING 1

## Group Discussions

Stakeholders were divided into three groups to discuss the following areas of the READY Trial

### 1. What do you think are the key factors that will affect recruitment?

#### Accessibility:

- Accessibility of venues and safe-guarding; timing with sessions considering school and extra-curricular activities
- Access to tablets/laptops/good internet for online delivery
- Challenges in identifying and engaging potential participants online with risk of dropouts. Clear appointments, emphasising the importance of attending
- Sessions need to be inviting, fun and give some control of activities to the young people which could help with those anxious about group activities

#### Concerns:

- Online fatigue and concerns from parents about excessive online activities. Building a rapport between the deliverers and young people is crucial to sustain active engagement
- Monitoring their exercise may be difficult as young people living with depression may not want to use their video/audio. Exercise professionals need to establish a trusting relationship and give confidence to participants
- Concerns around young people who already exercise at a high intensity and may struggle if they are allocated to the social control. Important to emphasise the benefits for all groups for example, the behaviour change sessions and social elements of group activity

#### Referral Support:

- Utilising mental health support teams that are based in schools for referrals could help with recruitment (<https://www.england.nhs.uk/mental-health/cyp/trailblazers/mh-support-teams/>)

### 2. If effective, how could the intervention be delivered in a real setting?

#### Engagement:

- Engaging with key organisations such as CAMHS, schools (school nurses, health and wellbeing champions) and early help teams in local authorities is important for effective delivery of the intervention in a real setting.
- Clearly get the message across that physical activity has a range of health benefits and argue that this programme could be used as a preventative measure.

#### Practicalities:

- Ensure enough settings/venues available to run the sessions with adequate training and capacity
- Consider other options for delivery such as out-of-hours school clubs that already have allotted times within schools. Involving academy schools could also help with logistics of delivering the programme

### 3. How can you support the dissemination of our findings?

- Engaging with stakeholders with a large social media following and consider the best social media platforms to engage with young people
- Engage with minority groups, for example faith-based communities have their own mechanisms of engaging with young people and communicating with such communities could help ensure delivery to a diverse population.
- Active partnerships can help share findings with local authorities and leisure providers and keep them engaged
- Consider case studies to show the benefits of the programme and adopt a young ambassador
- Provide clarity to CCGs so they know how to factor the intervention into future planning and contracts
- Keep an eye out for other research and NIHR calls which we can learn from and help support our dissemination

**Daksha Trivedi and Megan Smith – 8th October 2020**

#### **Acknowledgement and Disclaimer**

This study is funded by the National Institute for Health Research (NIHR) Health Technology Assessment (HTA 17/78/10). The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

### List of Attendees

Name	Organisation
Aisling Callaghan	East London Foundation Trust
Alyssa Gunn	MindFit for All
Chris Foreman	Public Involvement in Research Group (PIRg)
Claire Rourke	University of Hertfordshire
Daksha Trivedi	University of Hertfordshire
David Wellsted	University of Hertfordshire
Gabrielle Kay	Swale Community Leisure and Maidstone Leisure Trust
Hannah Marsh	Stevenage Football Club
Jade Horsley	Team BEDS&LUTON
James Sinclair	North East London NHS Foundation Trust (NELFT)
Jemma Blesky	NHS Thanet Clinical Commissioning Group
Julia Jones	University of Hertfordshire
Lee David	10 Minute CBT
Lindsay Bottoms	University of Hertfordshire
Marion Cowe	Public Involvement in Research Group (PIRg)
Megan Smith	University of Hertfordshire
Neil Howlett	University of Hertfordshire
Sarah Jane Besser	Hertfordshire Partnership University NHS Foundation Trust (HPFT)
Simon Desborough	MindFit for All
Shivani Sharma	University of Hertfordshire