

RfPB: A pilot study to investigate the feasibility and acceptability of a cognitive behavioural suicide prevention therapy for people in acute psychiatric wards

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&

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● **INSITE – INpatient
Suicide Intervention and
Therapy Evaluation**

INSITE

- Suicide is a major cause of preventable death in acute psychiatric wards
- Repetition is common and causes distress and high use of costly NHS services
- ... **Yet little research into effective treatments**
- Could a psychological 'talking' therapy targeted at suicide help?

Outline of Research Plan

Phase 1

Qualitative
exploration of
patient & staff views

Phase 2

Pilot RCT

Phase 3

Qualitative
evaluation of patient
& staff feedback

Health Cost Analysis

RDS Support

- RDS Adviser as 'critical reader'
- Provided access to early statistical & health economic advice
- RfPB development programme

Presentation & layout of application

- Advice based on the 'lived experience' of NIHR panel members:-
- Be considerate of the demands on NIHR panel members
- Optimize use of 'white space'
- Use 'bullet points' where possible
- Bold print for important issues

How did we succeed?

Strong
Research
Team

High
Patient Benefit

'Exemplary'
Patient &
Public
Involvement

Presentation of
the Proposal

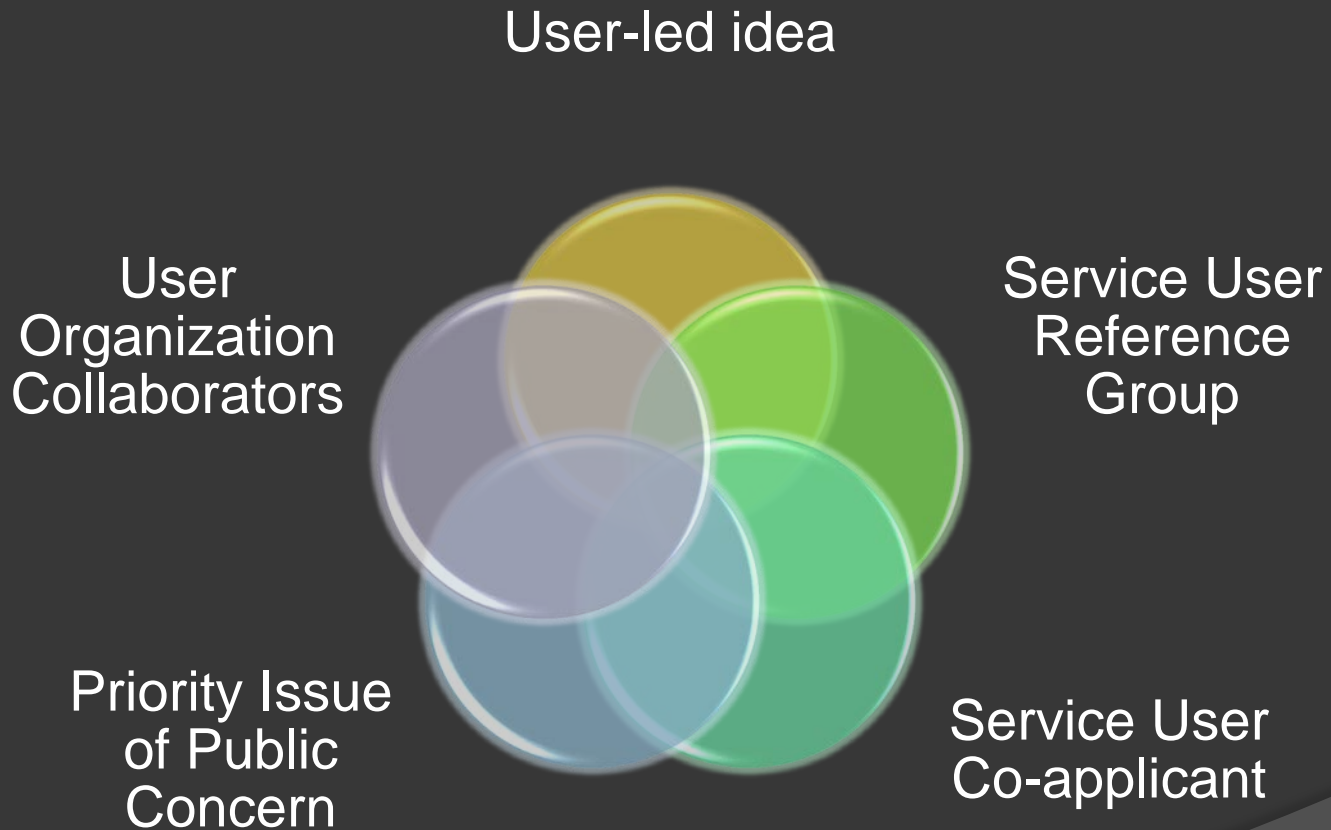
Expertise of the Research Team

- ◎ **PI:** Track record of strong academic, clinical & managerial expertise.
 - ◎ **Co-applicants:-**
- ◎ **Subject area:** Specialist expertise in clinical & academic aspects of suicide prevention.
- ◎ **Methodology:** Balance of statistical, qualitative, quantitative & health economic expertise.

Support of NHS Partner

- Priority issue of major concern to Trust (local) & NHS (national)
- Addresses an area of 'unmet need'
- High relevance for NHS costs
- Support of NHS managers – as co-applicant

Patient & Public Involvement



User Organization Support

- Stockport & District Mind
- Samaritans
- Early involvement in an interactive conference
- Letters of support

NIHR Reviewers Comments.

“Exemplary in the scope and the way this has been carried out....(PPI)exceptionally well integrated and sensitive”

“The research topic has evolved specifically from patient concerns and therefore the project is highly relevant to them”

“The links established between clinical, academic & stakeholder groups are excellent and it is likely that the results will be quickly communicated and translated”

“The groundwork done by the Service User Co-applicant shows the huge unmet need in this area”

“This is exemplary....the best service user input of any proposal I have seen”

NIHR reviewers comments.

“I am impressed by the way that meaningful user and carer involvement seem to be woven through this proposal from the start”

“User involvement is excellent.....this is an excellent application”

“That funding was sought and secured for a consultation group shows a positive approach to public involvement”

“The involvement of patients has been outstandingthe fact that the team is comprised of a balance of biomedical and psychological practitioners with direct service user involvement is highly advantageous”

Thank You!

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- &
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