

2022 Roundup

The last year has been very busy for FReSH START, and, despite some challenges, we have plenty of things to be very proud of.

RCT

We now have 8 sites open and over 100 participants randomised into the trial. A huge thank you to everyone involved in getting sites set up, as well as to the therapists and researchers on site. We understand just how hard it can be to recruit into the trial and so we really appreciate the effort made by all the site teams.

We have trained around 100 members of NHS staff to deliver our adapted ACT, CBT and PIT therapies. Thank you to everyone who has stepped forward to be trained and deliver therapy. And a big thank you to our wonderful training team too.

Dissemination

The team have been busy writing up the first phases of the FReSH START programme.

Work packages one and two have produced 4 papers so far, with a further 2 papers published covering related work that has arisen from FReSH START. Links to published papers are available at the end of the newsletter.

Alongside papers, we have also been presenting our work at meetings and conferences around the world, including the European Symposium on Suicide and Suicidal Behaviour and the International Clinical Trials Methodology Conference.

PPI

We established a Lived Experience Group at the end of 2021 to support our work at FReSH START, as well as another self-harm research project, SafePIT. This group has been really active over 2022, attending Management Group meetings, as well as focused workshops.

Our lived experience group have contributed as individuals by writing about their experiences of being a part of research and education. They have collaborated on writing patient-facing trial documentation and given insightful feedback to the way we currently do PPI work, helping us to plan meaningful involvement activities in the future.



Team Changes

There have been some new faces added to the team in the last year too.

Welcome to Faye Ambler, who has joined us as research assistant. Faye's role focuses on participant follow up.

Also welcome to Catherine Fernandez, our new Senior Trial Manager and Gina Bianco, Senior Data Manager.



What to expect in 2023

We have 5 more sites in the pipeline, of which 2 will be opening in the next few weeks. We are also hoping that a new patient facing poster, developed together with the lived experience group, will help to boost recruitment numbers.

The results from the feasibility study are imminent – keep a look out for the paper in the near future.

Our first RCT participants will be completing their therapies soon and we are currently arranging to interview some of them to explore their experiences.

Learning and Sharing Best Practice

Delivering such a large trial across multiple sites will always pose challenges, but it also gives us the opportunity to learn from others and share best practice too.

One approach to recruitment that has been beneficial in Leeds, and may work for other sites, is to add a step to the recruitment process. In this approach, the liaison team

add to the patient notes, saying whether the patient was introduced to the trial, and giving a reason if they were not introduced. This keeps the trial in people's minds and allows staff to check the trial is reaching as many people as possible.

Publications

[Understanding the Functions of Self-Harm: results of a Q Sort Study](#) – L. Bryant, R. O'Shea, K. Farley, C. Brennan, H. Crosby, E. Guthrie, A. House

[Valued Attributes of Professional Support for People who Repeatedly Self-Harm: A Systematic Review and Meta-synthesis of First Hand Accounts](#) – C. Sass, C. Brennan, K. Farley, H. Crosby, R. Rodriguez-Lopez, D. Romeu, E. Mitchell, A. House, E. Guthrie

[What Helps to Reduce or Stop Self-harm? A Systematic Review and Meta-synthesis of First-hand Accounts](#) – C. Brennan, H. Crosby, C. Sass, K. Farley, L. Bryant, R. Rodriguez-Lopez, D. Romeu, E. Mitchell, A. House, E. Guthrie

[A Qualitative Analysis of the Resources Available on the Internet for People who Self-Harm, Their Friends or Families and Health Professionals Involved in their Care](#) – D. Romeu, E. Guthrie, C. Brennan, K. Farley, A. House

["They have more than enough to do than patch up people like me" Experiences of Seeking Support for Self-harm During the COVID-19 Pandemic](#) – C. Sass, K. Farley, C. Brennan

Taking a Fresh View:
Developing therapies for
Self-harm

FReSH START Feasibility
Study Results



If you have any news about FReSH START you would like to share, please email our Comms Officer Izzy:

i.darbyshire@leeds.ac.uk