

Cognitive Adaptation Training Research Project 2013

Cognitive Adaptation Training (or CAT for short) is a therapy to help people with schizophrenia or a psychotic illness who experience difficulties carrying out daily living tasks due to the cognitive impairments associated with their illness.

You are invited to take part in this study looking at the possible benefits of this therapy.

Thank you for taking the time to read this information leaflet.



**If you have any further questions
please don't hesitate to ask the
OT or psychiatric nurse involved
in your CAT programme
OR
contact Áine O'Reilly at the
number below.**

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Cognitive Adaptation Training Research Study



**An Evaluation of the
Effectiveness of
Cognitive Adaptation
Training**

Cognitive Adaptation Training Research Project 2013

Why is this research taking place?

Cognitive Adaptation Training (CAT) is a new intervention that trained staff are now using in the Irish mental health services. Because it is new in Ireland, we wish to ensure that it works well and it is a worthwhile experience for the people who undertake this form of therapy. We also wish to see if there are ways to improve the way we deliver the programme.

What are the research questions?

We have four main questions

1. Is CAT helpful to people?
2. How is it CAT helpful?
3. Are participants and therapists satisfied using the intervention?
4. Are the assessments being used satisfactory?

What will be done with this information?

The information collected will be examined in a review of this programme and will be presented to the GENIO, the organisation that paid for the training. It also may be presented and or published in academic journals and at conferences

The OT students will use the research as part of their training

No individual will be identifiable from the information.

Who is carrying out the research?

Four third year Occupational Therapy students from Trinity College Dublin will conduct this research on behalf of the mental health services.

How often will I be visited?

The researcher will visit you three times over a 15 month period.

How long will each visit last?

Each visit will last for approximately one hour.

What is required of me?

You will be asked to answer questions about how you are finding the training and how you are managing with your day to day activities.

Where will the interviews be carried out?

You have a choice about where you will be interviewed. If you prefer we can interview you in your own home or in your local community mental health centre.

How will my information be recorded?

The researchers will take note of your answers and may, at times, wish to use a voice recorder. You can choose not to allow your voice to be recorded if you wish.

Will my information remain confidential?

Yes, only researchers will know your individual answers and they will keep your information confidential. Your name and any other information that might identify you will be removed by the researcher before it is analysed.

Where will my information be stored?

All paper based information will be stored in a locked filing cabinet in the School of Health Sciences in Trinity College Dublin. Computer information will be stored on a locked computer. When the project is completed the information will be stored for 10 years in HSE storage as per HSE regulations.

Do I have to participate in this study to still receive my treatment?

No you don't have to participate in this research you will still receive your treatment.

Can I pull out from this study at any time?

Yes you may decide to withdraw from the study at any time. There will be no consequences for withdrawing from the study.

Can I get a copy of the results of the research? Yes, just let the researcher or your therapist know that you wish to receive a copy.

Apart from the research interview will any other information be sought? Two other sources of information will be used.

1. Your therapist will be interviewed, not about you, but to get his or her perspective on whether Cognitive Adaptation Training is useful
2. The scores on the assessments you've done will be examined to see which assessment is most useful in planning treatment. These will be made anonymous and grouped before we do this so that you remain anonymous

Are there any possible downsides for me?

We believe that there are no real risks involved. The questionnaires are quite comprehensive and may contain questions that you may feel uncomfortable answering. However you are not obliged to answer any question that you are uncomfortable about.

Your information will remain confidential, so please feel free to speak openly.

