

Do you hear voices or have unusual experiences that worry you?

Have you decided not to take antipsychotic medication?

Would you like to contribute to some research?

If the answer to those questions is “yes”, we would like to hear from you

We are running a study to see if CBT (cognitive behavioural therapy) is helpful for people have unusual experiences which cause them distress. We have called this study ‘ACTION’ which stands for:

Action

Assessing Cognitive Therapy Instead of Neuroleptics

People taking part in this study would all be seen by a researcher every 3 months for 18 months and asked some questions about their unusual experiences and how they feel about other aspects of their life.

50% of these people will also receive 26 sessions of CBT over a 9 month period. It is completely random as to who receives monitoring and who receives CBT + Monitoring.



Greater Manchester West

Mental Health NHS Foundation Trust



If you would like to take part or if you have any questions or comments, please contact us we would be happy to hear from you!

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