

Would you like to participate in a research study?

Hello from the ComBAT research team! We are a team of researchers from the University of York and Tees, Esk & Wear Valleys NHS Foundation Trust. We are currently running a 5-year programme of research and are looking for schools who may be interested in taking part.

What is ComBAT?

ComBAT stands for **Community-based Behavioural Activation Training** for Depression in Adolescents. The aim of this research is to develop an intervention for young people experiencing low mood aged 12-18 years that can be delivered in schools and other community settings. We have developed this intervention and want to test this with 236 young people nationally to see how it compares to the care young people would usually receive.

What will happen if my school/service decides to take part?

- We would ask you to provide information about the study to young people who you think may benefit from the research.
- The research team will contact all young people who express an interest in taking part and confirm their eligibility to take part.
- If eligible, the research team will collect data with young people and randomly allocate them to receive either the newly developed BA treatment or usual care.
- Staff members within your school will be asked to deliver this support to young people with training and regular supervision provided by the research team.

Sounds interesting! Who do I contact?

You can contact the ComBAT research team directly:

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