

From study to guide

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RESEARCH

Trauma-specific mindfulness-based cognitive therapy for women with post-traumatic stress disorder of domestic abuse: intervention and a randomised feasibility trial (study)

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Abstract

Background Women who have experienced domestic violence and abuse (DVA) often have post-traumatic stress disorder (PTSD) and complex PTSD (CPTSD). In 2014, a specific mindfulness-based cognitive therapy curriculum (TS-MBCT) for trauma was developed. This study aimed to refine the prototype TS-MBCT and evaluate the feasibility of a randomised controlled trial (RCT) testing its effectiveness and cost-effectiveness.

Methods Intervention refinement phase was informed by evidence synthesis, interviews with professionals and DVA survivors, and a consensus exercise. We tested the refined TS-MBCT intervention in an individually randomised controlled trial, a traffic light system, and embedded process and outcome evaluation.

Results The TS-MBCT intervention consisted of eight group sessions and a DVA agency and recruited 20 (15 TS-MBCT, 5 self-referral to National Helpline) with 80% follow-up at 6 months. Our TS-MBCT intervention had 73% uptake. Participants suggested recruitment via multiple agencies, and additional NHS control arm did not work due to long waiting lists and previous negative experiences. PTSD/CPTSD questionnaires produced differing outcomes thus a clinician-led intervention was not possible to conduct a full-size RCT of the TS-MBCT intervention after refinement and randomisation procedures, the control intervention, primary outcome

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Hard Evidence
a performance piece
survivors of domestic abuse
public involvement in
Touring Bristol July 2023



Health Expectations

ORIGINAL ARTICLE OPEN ACCESS

The Acceptability, Safety and Feasibility of a Co-Developed With Public Involvement for Disseminating Research

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ABSTRACT

Introduction: Patient and public involvement (PPI) is a research impact; however, traditional approaches often developed plays can be effective ways of making the research much is known about how to safely involve patients in research on sensitive subjects. Members of a PPI group co-developed and performed a play about their experience of co-developed play in publicizing PPI and findings from the study. **Methods:** We conducted a mixed-methods study with 11 survey responses from audience members, carried out with audience members and eight play team members. Data using a 'following a thread' approach to integrate qualitative and quantitative data. **Findings:** We developed three integrated themes with audience understanding, potential mechanisms of impact, and 'Reducing the risks' theme summarized ways of reducing the risk of re-traumatizing audience members. **Conclusion:** A play co-developed and performed by survivors of domestic abuse was linked to its ability to reduce the risk of re-traumatizing audience members. **Patient or Public Contribution:** Everyone with direct experience of domestic abuse who were members of the study PPI group and participatory workshop with PPI contributors was held public involvement evaluation tool, The Cube. PPI co-

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