

A feasibility study of Acceptance and Commitment Therapy for older people with treatment-resistant generalised anxiety disorder (FACTOID)



Are you interested in taking part in research that aims to improve well-being in older people who worry?

If you are aged 65 and over and have difficulties with worrying then we would like your help in developing a new form of treatment to help with this: Acceptance and Commitment Therapy.

Acceptance and Commitment Therapy is a form of talking therapy that helps people learn how to live with distressing thoughts and feelings, while still doing things that really matter to them.

We are currently conducting a research study to see whether we can develop this type of therapy for older people who have difficulties with worrying that have not responded well to treatment.

To find out if you are potentially suitable for inclusion in this study, please answer the following questions:

Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<i>Total score:</i>				

Once you have completed the questions, please add up your scores for each question to calculate your total score.

If you:

- i) score 11 or more on this questionnaire,
- ii) are aged 65 and over,
- iii) and have received (or been offered) medication or talking therapy to help improve your mood, but you still experience difficulties with worrying then you may be potentially suitable for inclusion in this study.

If you are aged 65 and over and have received (or been offered) medication or talking therapy to help improve your mood, but only score 8-10 on this questionnaire then you should speak to your GP about the difficulties you have been experiencing. Similarly, you should contact your GP if you score 8 or more on this questionnaire and are younger than 65 or have never received (or been offered) medication or talking therapy to improve your mood. You may be eligible for talking therapies such as Cognitive Behavioural Therapy through local Improving Access to Psychological Therapies Services.

If you are potentially suitable for inclusion in this study and would like further information about it then please contact:

Dr Rebecca Gould, 020 7679 9225, r.gould@ucl.ac.uk

This study is funded by the NIHR Health Technology Assessment (HTA) Programme (ref: 15/161/05). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.



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