



REBOOT Notts

Help us research online
mental health support

Introduction

REBOOT Notts is a new fully online based study for people who have mild to moderate anxiety and/or depression. The study is comparing the effectiveness of information and online peer support through a website called the 'Big White Wall' with online information currently available from NHS Choices' MoodZone. It is being run through The National Institute for Health Research (NIHR) Collaborations for Leadership in Applied Health Research and Care (CLAHRC) East Midlands, at the University of Nottingham.

Below is a little more detail about REBOOT Notts:

It is a large study (over 2000 participants) open to anyone residing in Nottingham City or County, over the age of 16 years who is suffering with mild to moderate depression and/or anxiety. People can self-refer and the study website includes an eligibility assessment. Anyone who appears to be too unwell to participate will be asked to give permission for us to inform their GP about their mood level. The study is comparing the clinical and cost effectiveness of an established, direct to public, peer support website (Big White Wall) versus information to aid self-management of depression and anxiety (NHS MoodZone).

Big White Wall normally elicits a monthly subscription fee but this is waived for study participants who are allocated to this group. Study participation lasts for 6 months with participants being asked to complete follow-up questionnaires at 3, 6, 12 and 26 weeks.

Big White Wall is monitored 24/7 for safety issues and inappropriate content.

Full ethical, HRA and local approval has been obtained for the study. The study website is www.rebootnotts.com



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A team of researchers from the University of Nottingham is appealing for people in Nottinghamshire who are experiencing stress or low mood to help them to assess the effectiveness of two online mental health support tools.

The 'REBOOT' study has been set up to see whether an online peer support website called Big White Wall is more or less effective in helping people with depression and anxiety than the online information available from the NHS Moodzone website.

Professor of Psychiatry at Nottingham University, Richard Morriss said: "Depression and anxiety affects 15% (one in 7) of the adult population of Nottinghamshire at this time. Only a quarter of these people get any help from the NHS. Surveys tell us that many people would like information and the chance to communicate with others in a similar situation. The 'REBOOT' study enables people to do this using the internet so you do not have to make an appointment to see anyone or give out any personal information that you do not want others to find out."

People taking part will be allocated to be part of a community giving support to each other (Big White Wall) or they will get information and advice (NHS MoodZone). Both of these websites are classed as 'support tools' and can be used in conjunction with any other help, including medication and talking therapies.

The study website screens applicants for suitability to take part, so you do not need to have been given a diagnosis, or even discussed how you are feeling with your GP, to apply to take part.

People taking part are asked to complete some questionnaires about how they are feeling at the start of the study, at the end of the study (6 months after joining), and at 2 other time-points.

To find out more visit the REBOOT website at: www.rebootnotts.com

REBOOT Study Summary

- An online research study for people suffering with low mood and/or anxiety
- The study is comparing the effectiveness of an information-giving website (NHS MoodZone) with an online peer support site (Big White Wall)
- Study is open to anyone;
 - Living in Nottingham city or county
 - Over the age of 16 years
 - Having access to the internet
 - Not currently accessing Big White Wall
 - Command of English language that is good enough to provide informed consent and participate in online groups
 - Suffering from anxiety and/or low mood (score of 10-20 on PHQ-9 and GAD-7 and with no thoughts of self-harm or suicide)
- Applicants to the study pass through an online screening assessment.
- If an applicant's level of suffering is not great enough to meet the study entry criteria, they will be informed of this and invited to reapply at a later date
- If an applicant's level of suffering is too great to meet the study entry criteria, they will be informed of this and advised to seek help (sources of help will be shown)
- Participants will be randomly allocated to either MoodZone or Big White Wall. (A 6 month free subscription will be given for the latter)
- Participants will be asked to complete a number of measures at baseline, 3, 6, 12 and 26 weeks. These will include measures around social support, major life events, personal situation and economic questions (inc. use of services)