



Participants needed for research on a new Employment Initiative

Are you currently thinking of looking or looking for work?

Do you ever feel emotionally overwhelmed?



Do you have difficulty getting along with people at work?

What will I get from taking part?

- ◇ All participants will be invited to attend an employment workshop where we will discuss some of the practical skills needed for seeking or returning to work.
- ◇ All participants will be issued with an employment manual written by a vocational advisor. This manual contains advice on the practical aspects of employment.
- ◇ Participants getting DBT-SE will attend training sessions where skills to manage the challenging emotional aspects of looking for and applying for work, interviewing, and starting work will be discussed each week.
- ◇ Participants getting MHES will be supported by a vocational advisor who is an expert at helping people to gain employment or return to work
- ◇ You will be compensated for your time when we contact you after the initiatives have ended. At each follow up we will issue you with £20 in high street shopping vouchers (£40 in total).
- ◇ You will contribute to NHS research designed to support people into employment in the future.
- ◇ Please note that there may not be an immediate direct benefit to you if you take part but we hope that participating helps you on your path to employment.

What do I do if I'm interested?

If you would like more information please contact us using the details below:

Local Research Team

Block 8, Goodmayes Hospital, Barley Lane, Ilford, IG3 8XY
0208 430 8088
EMPOWER@nelft.nhs.uk

Local Principal Investigator

Dr Janet Feigenbaum
EMPOWER-Queries@nelft.nhs.uk



The EMPOWER study is funded by a National Institute for Health Research (NIHR) Programme Grant for Applied Research (RP-PG-1212-20011).

This study has been approved and reviewed by East Midlands – Nottingham 1 Research Ethics Committee, reference number 18/EM/0262 26/10/18.

What is EMPOWER?

EMPOWER is a research study and our aim is to find out how well our new employment initiative - Dialectical Behaviour Therapy Skills for Employment (DBT-SE) - helps people to gain work or to return to work after being off sick (due to their mental health). We also hope to find out if DBT-SE has lasting positive effects on a person's wellbeing.

What does the study involve if I take part?

You will be asked to attend one of the two employment initiatives (DBT-SE or MHES) for 17 weeks. You will also be asked to complete some questionnaires before the initiatives start, during the initiatives, and after they have finished. We contact people for up to one year after the initiatives have ended to find out how they are doing.

What kind of study is this?

We are conducting a **randomised controlled trial (RCT)**. An RCT compares different initiatives; in our case we are comparing our new initiative - DBT-SE - to specialist mental health employment services (MHES). We plan to explore how well each initiative helps participants to gain new employment, increase current working hours or return to employment after a leave of absence.

Who is the study for?

The study is for people who experience some difficulties in common with people with a personality disorder. This does not mean that you need to have a diagnosis of personality disorder to take part. It also does not mean that you have a personality disorder if you do take part. All it means is that you experience similar challenges and share some similar experiences to a person with a personality disorder and so it is possible you might find the study helpful.

Some people find it harder than others to get a job and hold down a job, this can be for many reasons. Perhaps you find interpersonal relationships difficult and that can make it hard for you to get along with your work colleagues and supervisors while still getting what you want. Perhaps you experience strong emotions that appear to come from nowhere and take a long time to go down. These problems can lead to difficulties building confidence at work and managing work pressures.



How do I know if I am eligible?

We will ask you additional questions about your current situation, but you can get an idea of whether the study seems suitable by taking a look at the list below.

- ◇ You are registered with a GP and are willing to give us consent to contact your GP and provide your GP's name and address.
- ◇ You are at least 18 years old.
- ◇ You do not have commitments that might get in the way of employment (e.g. taking care of elderly, disabled or unwell people or children under 18 years old, or you are a full-time student).
- ◇ You are able to communicate in English.
- ◇ You have the right to work in the UK AND you plan to remain in the UK for at least 18 months.

Your current employment status fits under one of these three criteria:

- ◇ You are unemployed (this may include housewife/husband, part-time evening studying/part-time flexible studying, volunteer work) **OR**
- ◇ You are employed but are currently GP certified medically unfit to work (due to your mental health) for a minimum of 4 weeks **AND** you have no plans to return to work within the next 3 weeks **OR**
- ◇ You are employed but working fewer than 16 hours per week, **AND**, you earn less than £120 per week.