

**An assessment of the barriers and
facilitators to the uptake and
implementation of CBT for First Episode
Psychosis
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Project aims and objectives

- FEP currently affects 5 in every 1000 adults in the UK.
- Can develop into variety of chronic conditions, of which the most common is Schizophrenia.
- Schizophrenia's total societal cost was estimated at £6.5 billion in 2004/2005, £2 billion of which was attributed to services and £4.5 billion to the patient and their carers.
- Two intervention streams exist to prevent this development, psychological and pharmacological.
- However psychological interventions are not being implemented for FEP, despite NICE guidelines and evidence base.
- The objective of this research is thus to establish the perceived barriers and enablers to the implementation and uptake of CBT for FEP to facilitate greater implementation and uptake of CBT for FEP in the future. This has potential for significant improvements in both service costs and in the wider impact of FEP.

Project plan

- March – Begin involvement in systematic reviews and networking.
- April – Liaise/network with members of the Mental Health Research Group and refine ideas. Create proposal.
- May – Refine proposal/lit review.
- June – Ditch proposal! Complete review protocol and search strategy instead.
- July – Conduct literature search and begin review on Covidence.
- August – Extraction and thematic analysis.
- September – Extraction and thematic analysis.
- October – Conclusion.
- November – Get Karina to approve! Submission to publish! (hopefully).

Resources

- What resources have you accessed?
- Secondment, time to be able to pursue things and say yes to meetings/appointments/conferences without juggling.
- Covidence – organisation and essential research tool.
- MHRG team – advice/guidance/expertise
- Hub documents – formatting for applications
- Systematic review protocols – guidance for my own project.
- CLAHRC staff – able to email when stuck/check I am doing the right thing.

Obstacles/challenges faced

- What have been your key obstacles/problems/challenges/issues that you have faced?
- Getting knocked back for MClinRes Studentship, and having to present to senior academics!
- Re-writing and re-writing and re-writing
- Time management - Currently working in three roles.
- Not getting stressed!

Key achievements:

- What have been your key highlights, has something gone particularly well?
- Support from MHRG (Karina Lovell and Owen Price particularly)
- Working towards my own publication as part of a team.
- Systematic Reviews (Collaborative prescribing/Migrant mental health in Qatar)
- Time management – Developed weekly planner and new time management techniques.
- Indonesia – MHRG Conference on FEP
- Made friends and had fun!

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