

The CO-IMPROVE Project

Talking Therapies for Anxiety and Depression

Improving Access to Psychological Therapies (IAPT) Research

We Know

a percentage of patients who successfully **complete low intensity interventions** for depression and/or anxiety **experience relapse within one year** following treatment.

Also...

Many patients had a relapse event in the first six months following treatment.

But why does this happen?

How do we help maintain recovery and prevent relapse?

Aim

To **improve the long-term benefits for IAPT** patients following low intensity treatments for depression and/or anxiety, enhancing patient outcomes and service efficiency.

Who?

We are inviting you to participate in **an interview** if you are:

- A trainee or qualified PWP delivering low intensity interventions in IAPT
- An IAPT Service Lead
- An IAPT Manager
- An IAPT Trainer
- A Clinical Academic
- A Policy Maker
- A National Lead
- Other IAPT Stakeholders

Conducting research together



We would like to hear your thoughts and experiences to understand how to **help patients following IAPT treatment** to maintain recovery and overcome any difficult periods over time.

Interested? **Get in touch by contacting:**

saher.nawaz@manchester.ac.uk