

The Caring For Me and You Research Trial

The Caring For Me and You research trial is a nationwide research study which is open to family and friends who care for people with dementia. It is run by Oxford Health NHS Foundation Trust and the Alzheimer's Society, led by Dr Jane Fossey.

They are investigating whether a new online programme of Cognitive Behaviour Therapy called 'Caring for Me and You', which is specifically designed for carers of people with dementia, is an effective way of improving mood and reducing stress.

The study is comparing the "Caring for Me and You" programme with or without telephone support with an online psycho-education package. People are eligible if they are:

- Over 18
- Live in the UK
- Comfortable using a computer
- Experiencing mild to moderate symptoms of anxiety or depression
- Not receiving another type of psychological treatment at the point at which they register for the trial. They are free to access any services once they are enrolled in the study, so being on a service waiting list would not preclude them from joining the project.

Recruitment for this study is by participants volunteering through the study website www.caringformeandyou.org.uk, which anyone can log on to and register themselves. All screening to assess if someone is eligible to take part is done through this site.

They are looking to recruit 750 carers into the study, which is a large number for a trial of this type and it would be fantastic if they could reach as many carers as possible to test whether this form of support is effective for them.

If you have any questions about the trial, please feel free to email caringformeandyou@oxfordhealth.nhs.uk or call the trial direct line on 01865 902833 to speak to one of the trial dedicated research assistants.

Caring for Me and You
Alzheimer's Society and Oxford Health NHS FT
Email: CaringForMeAndYou@oxfordhealth.nhs.uk
Telephone: 01865902833

Please note that they usually work Monday to Friday, 8.30am to 4.30pm. **They are not a crisis or emergency service. If you feel you need more urgent support, please contact your GP, the Samaritans (0845 790 9090), out-of-hours NHS (111) or go to your local A&E.**