

Exploratory trial based on modelling studies of an educational intervention for practice teams to deliver problem focused therapy for sleep problems: pilot cluster randomised trial

POSTER ABSTRACT SUBMISSION - MHRN National Scientific Conference

Michelle Tilling¹

Prof A Niroshan Siriwardena^{1,2}

Tanefa Apekey¹

Andrew Harrison³

Dr Jane V Dyas^{4,5}

Dr Hugh Middleton⁵

Dr Roderick Orner²

Dr Tracey Sach⁶

Dr Michael Dewey⁷

Dr M Zubair Qureshi¹

Dr Casey Quinn⁴

¹NHS Lincolnshire, ²University of Lincoln, ³Linking Voices, ⁴NIHR RDS for East Midlands, ⁵University of Nottingham, ⁶University of East Anglia, ⁷Institute of Psychiatry

ABSTRACT

Sleep problems are common, affecting over a third of adults in the UK, leading to impaired health-related quality of life and productivity. Drug treatment is ineffective long term. Psychological methods for managing sleep problems, including cognitive behavioural therapy for insomnia (CBTi) have been shown to be effective and cost effective but have not been widely implemented or evaluated in a general practice setting where they are most likely to be needed and most appropriately delivered.

This is a pilot cluster randomised controlled trial, with GP practices as the unit of randomisation, designed to evaluate the effectiveness and cost-effectiveness of an educational intervention for practice teams to deliver problem focused therapy to adults presenting with sleep problems due to lifestyle causes, pain, mild to moderate depression or anxiety. The intervention has been carefully modelled using action research methods.

Practice teams randomised to the intervention will receive education on problem focussed therapy. Outcomes will be assessed via self completion instruments and telephone interviews of patients and staff and clinical records for interventions and prescribing.

The study will also test procedures and collect information in preparation for a larger definitive cluster randomised trial. The study is funded by the Health Foundation.

198 words