

Relationships in Good Hands Trial (RIGHT)

Newsletter - August 2022



Progress update

Site	Eligible Families Referred	Families Recruited	Families Randomised
Oxfordshire	16	11	11
AdoptionPlus (Central Beds)	5	5	5
AdoptionPlus (Herts)	7	7	7
Lanarkshire	9	9	8
Total	37	32	31

Recruitment has picked up over recent months and we are looking forward to bringing our new sites on board in the coming months. We will be opening our Nottingham site in October and are making good progress with other potential sites. There are still plenty of slots left in our existing sites so please get in touch if you have any potential cases to discuss.

A reminder of our eligibility criteria:

- Children aged 5-12
- Adopted or in a permanent foster placement
- With difficulties as a result of abuse and neglect in early life.

Clinical Research Networks

We are extremely grateful for the assistance of number of local CRNs who will be supporting us by providing some research nurses to carry out the research visits with our trial participants. All of the visits are currently happening remotely via Microsoft Teams.

The research nurses had six hours of intensive training in early May where they learned about the trial, the different measures and had a chance to chat to one of our existing research nurses. They also needed to study an array of trial documentation and watch a recording of an assessment carried out previously. Two of the nurses from the Thames Valley team have already had the chance to work with their first participants, consenting them into the trial and carrying out the baseline assessments. Well done Michelle and Kinza!

The other CRNs who provided staff to attend training included East Midlands, West Midlands and Eastern, and we are hoping to be working with the South West Peninsula and Yorkshire and Humber teams in due course.

Meet a Co- Investigator:

I have worked at University of Glasgow as a Research Associate for 15 years now and I have spent the last decade working on research projects that aim to better understand, and improve the lives of, children who have suffered abuse and/or neglect in early childhood. This has felt so worthwhile because of the massive opportunities for change, both in terms of helping individuals but also in terms of helping the systems surrounding individual children to better support recovery and development.



My background is in Health Psychology and I am interested in a positive psychology focus, which means understanding how we can aid recovery and development – sometimes this is called ‘promoting resilience.’ Research has made great strides in understanding the negative effects of abuse and neglect, but we need to know more about what it is that enables some individuals, despite their adverse experiences, to go on and thrive. For me, the RIGHT trial falls into this bracket, and is an exciting step forward, because it is trying to ascertain the most effective interventions that allow children to move forward in their lives.

I have been involved in RIGHT before it even became RIGHT. Back in 2014, I wrote a paper on whether a randomised controlled trial DDP was feasible and ethical, based on the many interviews and focus groups that we conducted with all types of key people in the field. Our results showed that it was both, but it took some time to secure the funding required to move to this final step. It’s immensely satisfying that we finally got there, so that we can begin to answer the questions that we have been pondering over for so long.

My role now is on the process evaluation side of the trial, where I am tasked with conducting qualitative research that helps to understand and explore the context of both DDP and the services we are comparing it with – e.g. how the services are operating across different sites, how they are experienced by families, and what issues and challenges might be cropping up along the way. This information is vital in providing context to the results of the trial; in being able to explain *why* or *how* one intervention might end up being more effective than the other, rather than only knowing the answer to the question of ‘which?’ These are exciting times and I’m very grateful to be part of them.

Feasibility review day

At the start of May, many of the co-investigators gathered in Glasgow (and two remotely!) to review the feasibility stage of the trial and consolidate learning from it as we move into the definitive phase of the trial. We worked through the research questions in turn to identify things that had been going well and areas that need work.

Finding out information about the services that participants have accessed in the "services as usual" arm of the trial has been tricky, despite varied approaches to retrieving this information. As a result of the day, we plan to contact families directly by telephone call to see if we can find out this information. This data is vital for enabling our health economists to make calculations about the cost of service use in each part of the study.

We also spent some time considering ways in which we could raise the profile of the trial. This has led us to making connections with Adoption UK where we hope to publish an article in their newsletter and potentially attend their annual conference, as well as with Scottish adoption agencies St Andrew's Children's Society and St Margaret's Children and Family Care Society who were able to promote an information evening we held for adopters with their families.



Summertime



We hope you are all having a good summer. Some of the RIGHT Team have been lucky enough to fit in trips to outdoor swimming pools whilst making working visits to see the rest of the team.

Helen, Karen and Verity visited Gourrock outdoor pool in May and Helen and Verity stopped by Hinksey pool in Oxford last week. Please recommend

outdoor swimming pools near trial sites that we should visit



If there are things you would like to see covered in a future newsletter, please email

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Chief Investigator – Professor Helen Minnis

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