

# RIGHT Trial Newsletter September 2024

With this and future newsletters we hope to keep you up to date with the progress of the first trial of Dyadic Developmental Psychotherapy (DDP). Please pass it on to others in your team who may be interested. If you received this via someone else and would like to receive it yourself, please email [Verity](mailto:Verity) to be added to the mailing list. If you would like to unsubscribe, please click [here](#).

In this issue, we share our progress in recruitment which has taken us to **over 60% of the way to our target of 140 families** and encourage you to think about referring more families this Autumn if you are based in a recruitment organisation. We also introduce our new Trial Manager and our latest site in Leicester and tell you about our study on remote DDP.



## Recruitment update

July and August were extremely quiet months which is to be expected, however, we now need to increase our recruitment rates. In May, the NIHR granted us a one year extension to the trial to give us time to recruit enough families that our trial will be statistically significant and able to draw robust conclusions about the effectiveness and cost effectiveness of DDP. However, a year is not long to find another 50 families.

Please think about families on your caseloads and who are approaching your service. Our trial team will continue to work with each individual site to optimise recruitment based on your unique needs.

A reminder of our eligibility criteria:

- Children aged 5-12
- Adopted, Special Guardianship Order, or in a permanent foster placement (but not kinship care or a kinship SGO)

- With difficulties as a result of abuse and neglect in early life.

	Referrals	Consents	Randomised	Refusals	Pending
Oxfordshire	30	20	20	10	0
Adoption East Midlands	21	12	12	7	2
South Lanarkshire	13	12	12	1	0
Hertfordshire	13	9	8	4	0
Central Bedfordshire	11	10	10	1	0
North Lanarkshire	10	9	7	1	0
Nottingham	5	3	3	2	0
Birmingham Adopt	5	4	3	1	0
Bradford	5	2	2	3	0
South Yorkshire	5	3	2	2	0
VVC	4	4	4	0	0
SEWAS	3	3	3	0	0
SLaM	2	1	1	0	1
Birmingham TESS	2	2	2	0	0
Adoption @ Heart (TCPS)	1	0	0	1	0
Leicestershire (TCPS)	1	1	1	0	0
Norfolk NSFT	1	0	0	1	0
Norfolk CC	0	0	0	0	0
<b>TOTAL</b>	<b>132</b>	<b>95</b>	<b>90</b>	<b>34</b>	<b>3</b>

Leicester County Council joins the RIGHT trial.



We are delighted that Leicester County Council Adoption Service have now joined the trial as a recruiting organisation. DDP for families from this site who are randomised to DDP will be provided by The Child Psychology Service. Gemma Barber, Post Order Support Team Manager writes:

‘The Post Adoption Support Team and the Children in Care Service in Leicestershire are delighted to join the RIGHT trial. The opportunity to be part of this pioneering research is very exciting and we are hopeful that the benefits of DDP, that we see in our children and families as part of our work with them, will be formally recognised. I look forward to seeing how the trial develops and how we can be a part of this inspiring journey.’

## New Trial Manager

Unfortunately Lorna Ginnell who many of you will have met over the last fifteen months has moved on to pastures new in Australia. She has been replaced by our new Trial Manager, Abdullah Alvi.

He writes:

Hello. I am Abdullah and I am passionate about clinical trials. Looking forward to getting to know everyone and working together towards reaching our goals.

## Remote DDP study



As part of the RIGHT Trial, some of the research team carried out a study of the use of Remote DDP.

Leigh Tweedlie writes:

At the beginning of the COVID-19 pandemic, delivery of DDP sharply changed from face-to-face to online methods. This created a unique set of challenges for clinicians and patients. Today, some families are still participating in fully remote or hybrid sessions, indicating that there are advantages to online DDP. This study examined the strengths and barriers to remote and in-person delivery methods of DDP. We interviewed 6 families about their experience of in person, hybrid, and/or remote DDP and drew four key themes from the data: the environment and child engagement, travel, non-verbal language, and familiarity with remote interactions. Advantages and disadvantages were associated with each theme, indicating that the ‘best’ delivery method changes with each family. For example, while some families chose remote DDP to avoid long and expensive journeys, travelling could also be seen as ‘part of the experience’ and allowed the child to regulate their emotions. Interestingly, the skills and approach of the therapist seems pivotal to all experiences, often mitigating against perceived drawbacks of either mode of delivery. This is the first study to qualitatively analyse the strengths and barriers to remote DDP, and is a pivotal step in improving accessibility for families.”

You can read the full paper [here](#).

Blair M, Tweedlie L, Minnis H, Cronin I, Turner F. Online therapy with families - what can families tell us about how to do this well? A qualitative study assessing families' experience of remote Dyadic Developmental Psychotherapy compared to face-to-face therapy. PLoS One. 2024 Apr 16;19(4):e0301640. doi: 10.1371/journal.pone.0301640. PMID: 38626223; PMCID: PMC11020366.

## More information

Find out more on our [website](#).

If you have any questions or would like to know more about this study, please don't hesitate to contact one of the study team:

Chief Investigator: [Helen Minnis](#)

Trial Manager: [Abdullah Alvi](#)

Trial Coordinator: [Verity Westgate](#)

Research Assistant: [Kelly Plummer](#)

Trial Administrator: [Lee Martin](#)

