BEAT-IT: A randomised controlled trial comparing a behavioural activation treatment for depression in adults with learning disabilities with an attention control

Depression is more common in adults with learning disabilities than adults who do not have learning disabilities. Developing psychosocial interventions, like cognitive behavioural therapies, for depression is a UK priority. However, there is limited evidence about whether psychosocial interventions work for adults with learning disabilities and depression. Individuals who consent to participate in this study will be randomly allocated to one of two groups. One group will take part in the Behavioural Activation intervention. Behavioural Activation involves a therapist working with individuals to help them plan how to reengage in meaningful, positive activities. The other group will take part in a guided self help intervention, which involves working with a therapist using resources on depression developed for adults with learning disabilities. This allows us to compare the effectiveness of the two types of intervention. Participants will be involved in the study for approximately 12 months. The interventions last about 4 months. For both interventions, participants and carers will be invited to meet with a therapist for 8-12 sessions. We would also like to follow up participants in both groups for 8 months after the end of the intervention to see if any improvements in their depression have been maintained.

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