ADAPT

What is the study about?

ADAPT is a novel treatment for reducing anxiety in hypermobility (Trial Phase).

The aim of this study is to test potential non-drug therapies for anxiety in people with hypermobility in a randomised controlled trial.

This means you have a 50% (random chance) of receiving the new non-drug therapy (ADAPT) or an existing therapy for anxiety.

Who is running the study?

The research is funded by MQ, a mental health research charity. It is a partnership between Brighton and Sussex Medical School and Sussex Partnership NHS Foundation Trust.

Why is the study being run?

Our bodies influence the way we feel and react. Strong emotion such as anxiety is made more intense by the feeling of our heart racing. The way in which people differ physically can affect how much their body reacts and this can influence how likely they are to experience anxiety symptoms. Some of these differences run in families, such as having flexible, 'hypermobile,' joints.

It is well established that people who are hypermobile experience problems with anxiety or panic more than you would expect by chance.

To date no specific treatments exist for treating anxiety in those with hypermobility. This is important because joint hypermobility is relatively common, affecting about 20% of the population.

Why should you take part?

This research is designed to help with symptoms of anxiety and it may be beneficial in treating anxiety that you experience.

The results of this study will inform the evidence base for treatment of anxiety and hypermobility for all patients in the future.

****COVID-19 UPDATE: This study is continuing to recruit and has been modified to be accessible online****

What will taking part involve?

8 – 10 sessions of ADAPT therapy
Duration of each session: up to 90 minutes

Reimbursements: £45 for your time spent undertaking research assessments. You will receive £20 on completion of the first therapy session and £25 at the end of therapy.

Who can take part?

To take part, we are looking for people who:
experience anxiety AND have flexible joints as determined by scoring 2 or more on self-report questionnaire

OR

a confirmed hypermobility diagnosis such as hEDS, joint hypermobility syndrome or hypermobility spectrum disorder AND experience anxiety.

How can I take part?

To take part, please email:
Lauren Wilcock or Aparajita (Apri) Pandey at
AskAboutResearch@sussexpartnership.nhs.uk

Contact details:

If you have any questions about this study, please email:
Lauren Wilcock and Aparajita (Apri) Pandey at
AskAboutResearch@sussexpartnership.nhs.uk.

The principal investigator of the study is Dr Jessica Eccles (j.eccles@bsms.ac.uk) and is also happy to be contacted. (twitter@bendybrain)