

## **Studies for people with dementia and their carers**

### **ADePT**

Early identification and diagnosis of Dementia is essential for improved health outcomes and service provision. The Integrated Cognitive Assessment (ICA) is a quick and easy to use test of cognitive performance, using an iPad. In this study, patients who have been referred to NHS memory clinics will be asked to take the ICA, as well as all of the other standard assessments taken as part of their appointment. The aim of this study is therefore to build clinical and economic evidence to support the use of the ICA as an inexpensive dementia screening tool in the NHS.

### **PATHFINDER**

Depression is very common in people with Alzheimer's disease and other dementias, causing them distress as well as reducing their quality of life and that of their carers. Unfortunately, antidepressant drugs do not have clear effectiveness in these patients and it appears that the most commonly available psychological therapies such as cognitive behavioural therapy or CBT are also not consistently useful.

This study will investigate whether an adapted form of problem-solving therapy called Problem Adaptation Therapy (PATH), which has been reported to be helpful in the very early stages of dementia in an American university-based healthcare system, can be

successfully applied in an NHS setting and with patients who are representative of those seen with dementia and depression in the NHS.

## DETERMIND

The purpose of this study is to find out which groups have better or worse outcomes following diagnosis of dementia and why there are inequalities in care and outcomes. If you have been received a diagnosis in the last six months, you are eligible to take part in this study. You will be asked to answer several questionnaires. These will be related to your memory, health and well-being. Please see the DETERMIND privacy notice here:

<https://determind.org.uk/privacy-notice/>

## Time for Dementia

The Time for Dementia Project is an educational programme looking to improve the understanding, attitude and knowledge of health care professionals about dementia. The project involves having a pair of trainee healthcare professionals visit a family who have experience of dementia. The students would visit for a 2 year period through their training 3 times a year for 1-2 hours at a time. The students would be visiting to speak to both a person with a diagnosis of dementia and also a family carer. Each visit is a relaxed conversation within the person's home where the students will be interested in hearing about what it is like to live with a diagnosis of dementia and what it is like to support a loved one with dementia.

## **DREAMS START**

We would like to invite 370 family members or friends who support someone living with dementia at home to test whether a new intervention (DREAMS START) can reduce the sleep difficulties experienced by people living with dementia.

We want to see if people who receive DREAMS START (Dementia Related Manual for Sleep : Strategies for Relatives) have better outcomes than people who receive usual care without DREAMS START. If DREAMS START helps people more than usual care alone, we hope to make it available to everyone after the study.

More information on the study is available online at:

<https://www.ucl.ac.uk/psychiatry/research/mental-health-older-people/dreams-start>

## **The CAP-MEM Study: Exploring the cause and prevalence of memory problems**

If you are over 16, have mental health, neurodevelopmental or neurodegenerative disorder (such as schizophrenia, bipolar disorder, anxiety disorders, autism or dementia); or if you are over 16 and do not have a mental health disorder (your responses would be used in a comparison group), we would like to invite you to take part in our research study.

The study involves completing a short questionnaire about nervous system symptoms such as dizziness. You may also be offered the chance to complete brief memory tests.

## Participant Research Experience Survey

**Have you taken part in one of our studies/clinical trials? If so, thank you!**

We would be grateful if you would complete an anonymous questionnaire about your experience so we can improve our service.

- What was your experience of taking part in research?
- We would like to have your views on what worked and what did not work.

Please fill in our survey, either online via this link:

<https://bit.ly/PRES2021> or if you would prefer a paper copy just let us know.

**For more information about any study, please contact us:**

**Tel: 01892 603107 (please leave a message)**

**Email: [dementiaresearchunit@sussexpartnership.nhs.uk](mailto:dementiaresearchunit@sussexpartnership.nhs.uk)**

**Dementia Research Unit**

Grove House,  
Southview Road,  
Crowborough,  
East Sussex  
TN6 1HB

**Tel: 01892 603107**

**Email: [dementiaresearchunit@sussexpartnership.nhs.uk](mailto:dementiaresearchunit@sussexpartnership.nhs.uk)**