



COPEeSUPPORT

INTERESTED IN ONLINE SUPPORT FOR CARING FOR A FRIEND OR FAMILY MEMBER AFFECTED BY PSYCHOSIS?

EFFIP (E-Support for Families & Friends of Individuals affected by Psychosis) - A randomised controlled trial of a co-produced online intervention for carers

About the EFFIP Project

The EFFIP Project (E-support for Families & Friends of Individuals affected by Psychosis) aims to develop and evaluate an online resource providing peer support, information on psychosis and ways for carers to look after themselves. The online resource is called **COPE-support** (Carers fOr People with Psychosis e-support resource).

What is the study about?

COPE-support is accessible via <http://cope-support.org> and is ready for use! We want to find out if COPE-support works to improve carers' wellbeing and how well they cope with caring. We do that by comparing wellbeing and coping for people using COPE-support with people who have access to online information that is usually available on the internet.

What does taking part involve?

If you decide to take part you will have access either to usual internet resources on caring or to COPE-support for 20 weeks. We will also ask you to fill in some questionnaires online to see how you are feeling at the start, half way through, after 4 months and 8 months of using the resource. We will also invite some carers for an individual interview afterward.

Who can join the study?

We are inviting carers supporting a loved one affected by psychosis to join the study. Carers can be parents, partners, siblings, other relatives or close friends. All participants need to be aged 18 or above, living in England, able to communicate in English, and have regular access to the internet.

If you'd like to find out more

Please read the [information sheet for participants](#), and contact Jacqueline Sin who is leading the study, on 07817027035 or jasin@sgul.ac.uk, or visit our website <http://cope-support.org>, or via Twitter @COPE-support

Participants will be paid £30 in total for their time

This study has been reviewed and approved by South Central – Oxford C Research Ethics Committee (18/SC/0104) and Health Research Authority (IRAS 240005).