



# STOP Study Newsletter

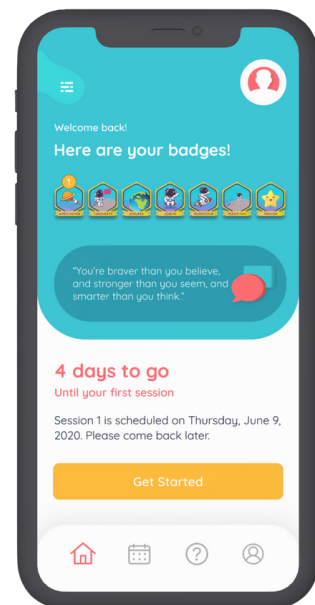
## STOP introduction

Paranoia is a common problem, leading to difficulties with work, family and social interactions. This study tests a mobile app therapy for paranoia called STOP (**S**uccessful **T**reatment **O**f **P**aranoia).

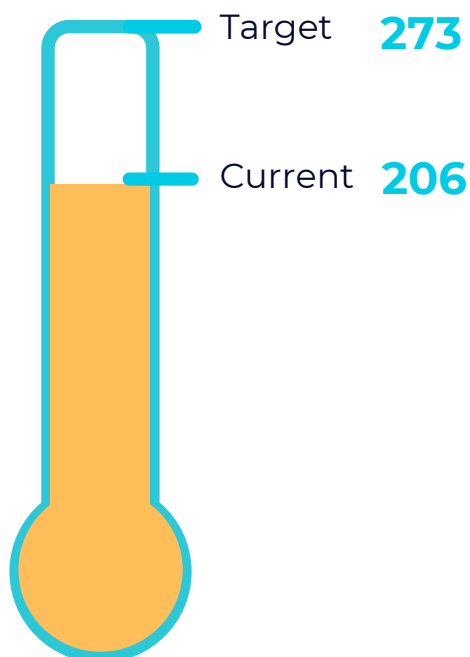
STOP involves reading text that could be understood in a negative way (such as the stare of a stranger which could be viewed as harmful).

The app encourages people to create a different meaning (such as the stare being harmless) by using word tasks and questions.

**For more information, watch the Welcome Video on our website - [www.stoptrial.co.uk](http://www.stoptrial.co.uk)**



## Progress so far



## Recruitment progress

Our goal is to recruit 273 participants to the study by the end of August 2024.

So far, we have enrolled 206 people through referrals from our partners at The McPin Foundation and 20 NHS Trusts across England.

We also receive self-referrals from individuals

who think they may be eligible for the study via our website.

If you or someone you know experiences paranoia and are interested in participating in this study, please contact the study team to arrange a screening conversation.



## European Association for Behavioural and Cognitive Therapies (EABCT) conference in Turkey

In October 2023, some members of the STOP study team attended the European Association for Behavioural and Cognitive Therapies (EABCT) conference in Turkey to showcase our research.

This gathering brought together clinicians and academics from across Europe, providing a platform to present and

connect with like-minded professionals. Our team delivered five talks, aiming to share our work, raise awareness, and gather valuable feedback.

This experience was important for advancing our mission and fostering collaboration within the behavioural and cognitive therapies community.

## In the news

To read about the STOP study in the news, check out the articles below:

- [New app could help more patients access treatment for psychosis \(King's College London\)](#)
- [Paranoia and anxiety symptoms could be cut by logging onto a new NHS smart phone app \(inews\)](#)

## Avegen

Avegen builds digital health products of enduring value for patients through their flexible and scalable platform - Health Machine.™

They are proud to have worked with the study team at King's College London on their first MHRA\* approval to create the STOP App and are excited to see the impact it could have on reducing paranoia. Click [here](#) to find out more.

\*Medicines and Healthcare products Regulatory Agency

## Working with McPin

### ***Being a Lived Experience Advisory Panel (LEAP) member***

I joined the STOP LEAP so I could use my lived experience and be a part of a solution for the symptoms I experienced. I look forward to meetings. Seeing the progress from idea to product is a good experience.

*Anonymous*

### ***Recruiting to the study***


It takes dedication and perseverance to recruit participants to the STOP study. I enjoy the opportunity to speak with new people on the phone and attend events in-person. It is rewarding to stay on track and reach recruitment goals.

*Alex*

## Get in touch

We'd love to hear from you!

Scan the QR code or get in touch by phone or email:

 0207 848 0425

 [www.STOPtrial.co.uk](http://www.STOPtrial.co.uk)

 [stopresearchenquiries@kcl.ac.uk](mailto:stopresearchenquiries@kcl.ac.uk)

SCAN HERE

