Feasibility and Acceptability Study of Process-Based Therapy (PBT) for People with Multiple Sclerosis (MS) in National Health Service Outpatients Settings: A Study Protocol

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THE PROBLEM & WHY PBT FOR MS

- **Higher rates of depression and anxiety and fluctuating, unpredictable disease progression**
- **Need for flexible, accessible, individualised mental health interventions**
- **PBT offers personalised, transdiagnostic framework targeting biopsychosocial processes**

OUR AIMS

- **Refine PBT training for healthcare professionals who support people with MS**
- **Refine PBT intervention to address the needs and preferences of people living with MS**
- **Determine relevance and acceptability of PBT as well as data collection processes**
- **Address RCT key uncertainties**
- **Explore service-level barriers and facilitators**

METHODOLOGY

Phase 1: Documentation, Ethics and Training: Develop inclusive study documents, obtain HRA Ethics, recruit healthcare professionals, deliver 2-day PBT training

Phase 2: Recruitment and Baseline Data Collection: recruitment of participants, development of personalised surveys, multiple points of data collection including standardised measures, interviews

Phase 3: Intervention implementation: Development of networks, therapy plans and implementation

Phase 4: Collection of post-intervention and follow-up data & Data analysis: Multi-level models, ANOVA and qualitative analysis

Phase 5: Refinement of intervention, RCT design and dissemination

PPIE VOICE & IMPACT

- **Active PPIE involvement**
- **Inclusive design (e.g. multiple modalities of data collection)**

WHY THIS MATTERS

- **Improved access to tailored psychological care**
- **Reduces need for multiple symptom – specific interventions**
- **Supports scalable, efficient NHS service delivery**
- **Addresses a major unmet need in MS care pathways**

WHAT IS NOVEL

- **First feasibility study of PBT for MS in NHS**
- **Integrates personalised (EMA-based) assessments**
- **Targets underlying processes rather than isolated symptoms**
- **Aligns with NHS goals for data-driven personalised care**

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