



Acceptance and Commitment Therapy in Tuberous Sclerosis Complex: An Acceptability and Feasibility Trial

We invite you to take part in our research study

Many people have psychological and social needs as a result of Tuberous Sclerosis Complex. This study aims to find out if a talking therapy helps.

Are you the parent or carer of an 11 to 24 year old who has been diagnosed with Tuberous Sclerosis Complex?

We want to find out whether Acceptance and Commitment Therapy (ACT), a type of talking therapy, helps reduce distress and improve quality of life. We will offer therapy via video calls (similar to Skype or Facetime) so that people will not have to come to the hospital.

The study would start with a conversation to see if it is suitable for you and some questionnaires to complete. If the study is suitable for you, we will invite you to 12 sessions of therapy either straight away or after a 12 week wait.

If you are 11-15 years old, and interested in taking part, please ask your parent/carer to contact us.

If you are 16 years old or over and interested in taking part, please speak to your treating clinician, or contact **Dr Jennifer Black**
(jennifer.black@uhbw.nhs.uk)