

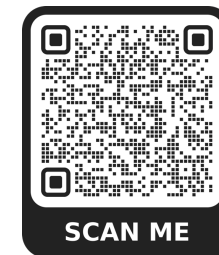


# Evaluating the Occupation-Based Complex Intervention for living well with anxiety and Parkinson's Disease (OBtAIN-PD): a feasibility cluster randomised controlled trial

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**NIHR** | Newcastle Patient Safety  
Research Collaboration



# Anxiety in Parkinson's

	<ul style="list-style-type: none"><li>• Second most-common neurodegenerative condition</li><li>• Anxiety is common</li><li>• Parkinson's UK research priority</li></ul>
	<ul style="list-style-type: none"><li>• Physiological increased risk of anxiety</li><li>• Increase in symptoms</li><li>• Negative health implications</li></ul>
	<ul style="list-style-type: none"><li>• Personal and societal impact</li><li>• Increased financial costs</li><li>• Increased hospitalization</li></ul>
	<ul style="list-style-type: none"><li>• Participation negatively affected</li><li>• <b>Address participation</b></li><li>• <b>Occupation-based complex intervention</b></li></ul>



# What does BtAIN-PD look like?

- 1:1 Support
- Lifestyle Management
- Collaborative goal setting
- Therapeutic use of everyday activity

Lifestyle redesign

Acceptance & commitment

Doing

Behavioural activation

Meaningful occupation

- Anxiety symptom reduction
- Increase in enjoyment
- Increase in meaningful activity
- Service level outcomes

# Feasibility Cluster RCT



Aim: To establish if an RCT of the OBtAIN-PD is feasible in a real-world practice setting and to inform an assessor-blinded multi-centre RCT.

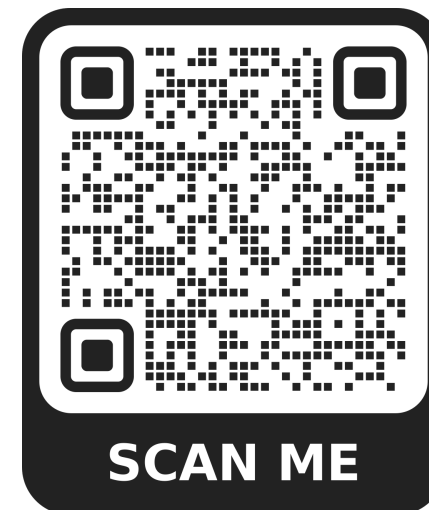
- Sample target= n=50 PWP's and carers
  - ≥10 GAD-7
  - Formal PD diagnosis
- Two sites
  - 4 community rehabilitation teams
  - Recruitment through usual clinical pathways
- Occupation as main outcome – COPM & ACS3
- 24-weeks (10-week intervention)
- Qualitative component
- Feasibility questions
- Progression rules
- Substantial PPIE involvement

Open access

Protocol

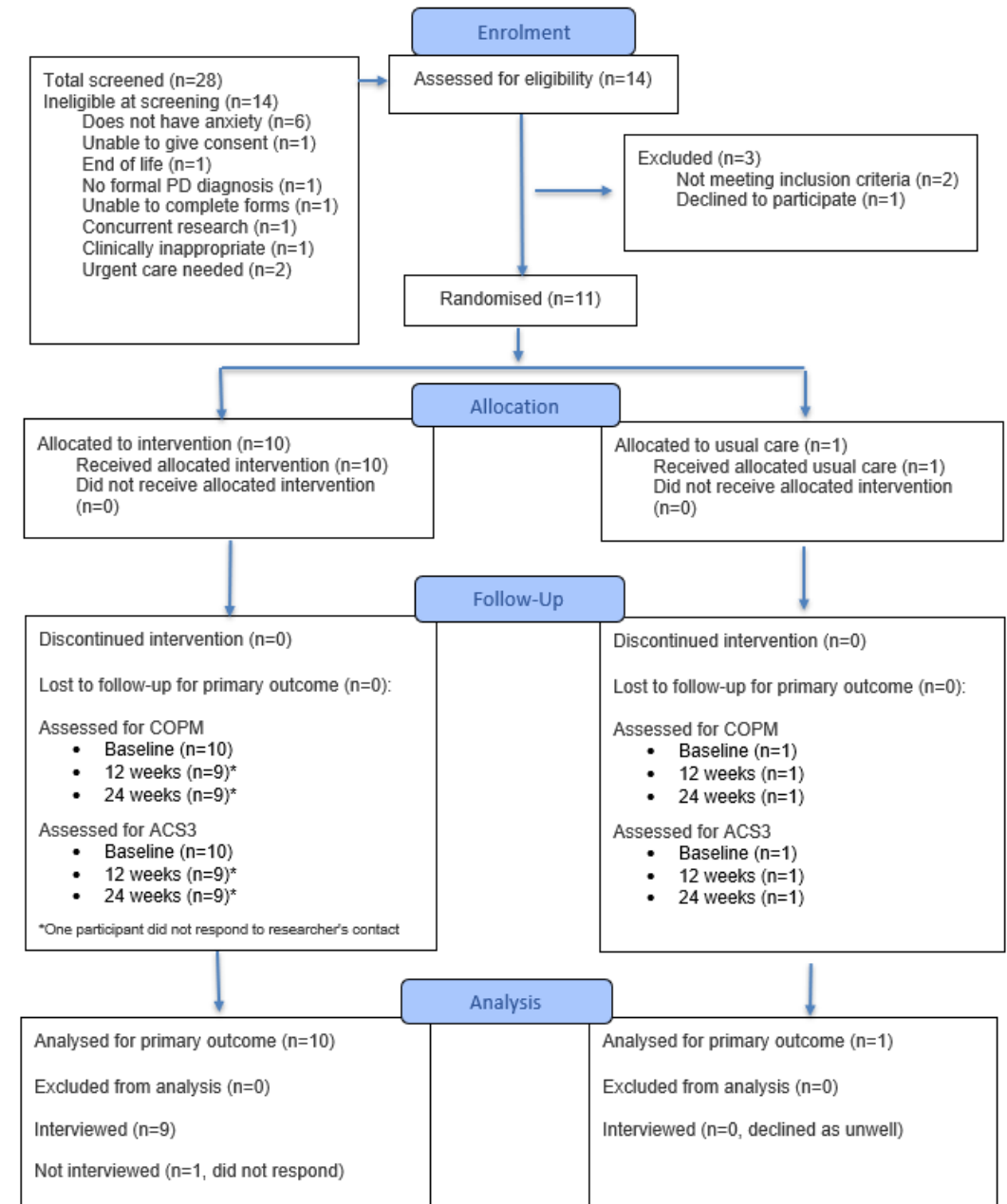
**BMJ Open** Evaluating the occupation-based complex intervention for living well with anxiety and Parkinson's disease (OBtAIN-PD) in community rehabilitation teams in the UK: a feasibility cluster randomised controlled trial protocol

Chris Lovegrove ,<sup>1,2</sup> Katrina Bannigan,<sup>3</sup> Christopher Hayward,<sup>4,5</sup> Wendy Ingram ,<sup>4</sup> Matthew Peter Bailey ,<sup>4</sup> Paigan Aspinall,<sup>4</sup> Joanne Hosking,<sup>6</sup> Ingrid Sturkenboom,<sup>7</sup> Jonathan Marsden<sup>8</sup>



# Results

- One site – no screening activity.
- 28 people identified through screening
  - Primary reason for ineligibility: does not have anxiety
  - Clinically inappropriate n=1 (expected more)
- 14 potential participants approached, 3 excluded.
- Final recruitment n=11



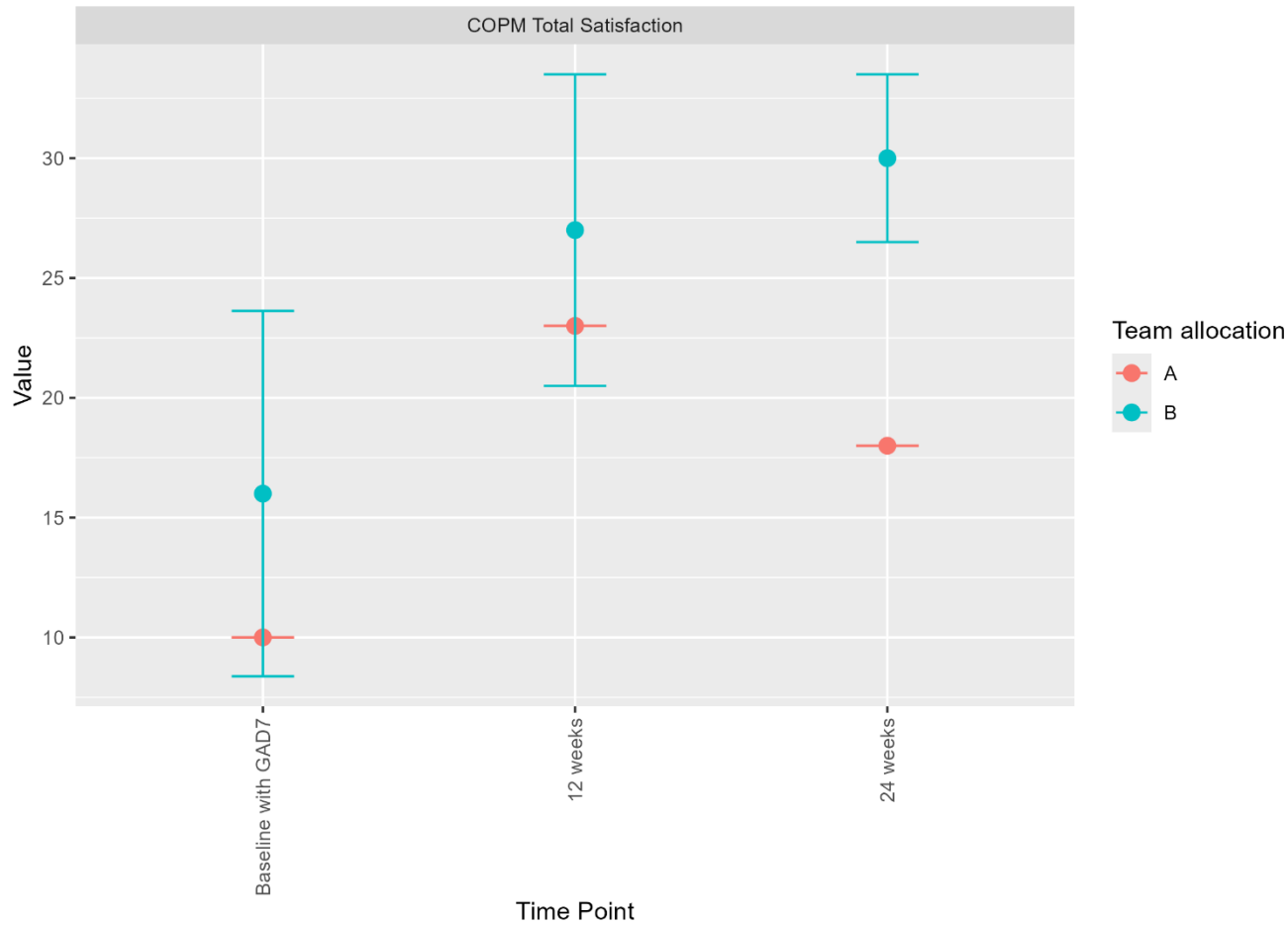
# Demographics

Characteristic	Intervention, N = 10 <sup>1</sup>	Usual care, N = 1 <sup>1</sup>	All, N=11 <sup>1</sup>
<b>Years since PD diagnosis</b>	6 (4)	5 (NA)	5 (4)
<b>Age</b>	72 (7)	70 (NA)	71 (6)
<b>Sex at birth</b>			
Female	3 / 10 (30%)	1 / 1 (100%)	4 / 11 (36%)
Male	7 / 10 (70%)	0 / 1 (0%)	7 / 11 (64%)
<b>Ethnicity</b>			
White	10 / 10 (100%)	1 / 1 (100%)	11 / 11 (100%)
<b>Employment status</b>			
Retired	7 / 9 (78%)	0 / 0 (NA%)	7 / 11 (64%)
Self-employed or freelance	1 / 9 (11%)	0 / 0 (NA%)	1 / 11 (9%%)
Working as an employee	1 / 9 (11%)	0 / 0 (NA%)	1 / 11 (9%)
Unknown	1	1	2 / 11 (18%)
<b>Marital status</b>			
Divorced	2 / 10 (20%)	0 / 1 (0%)	2 / 11 (18%)
Married	7 / 10 (70%)	1 / 1 (100%)	8 / 11 (73%)
Widowed	1 / 10 (10%)	0 / 1 (0%)	1 / 11 (9%)

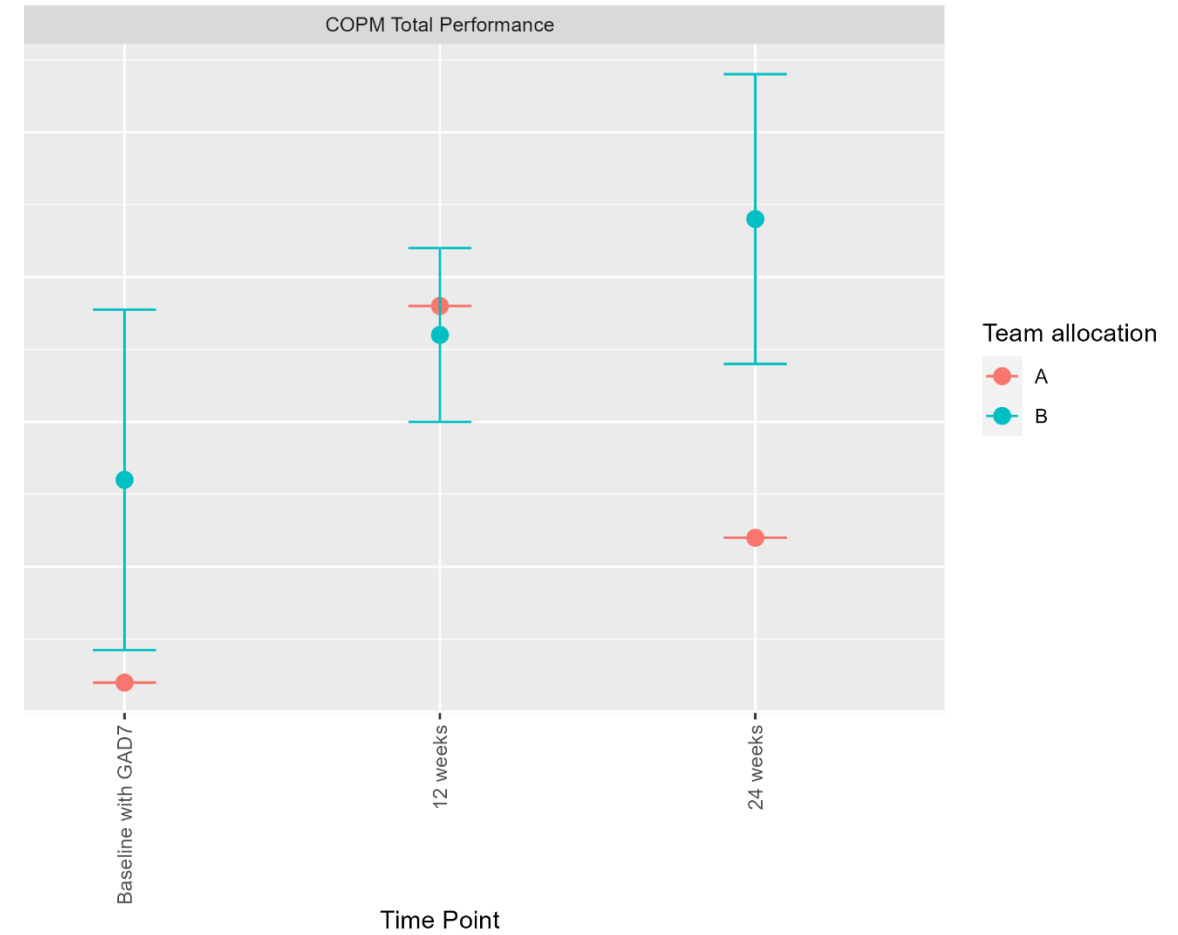
# Canadian Occupation Performance Measure



### Median and Interquartile Range by Group



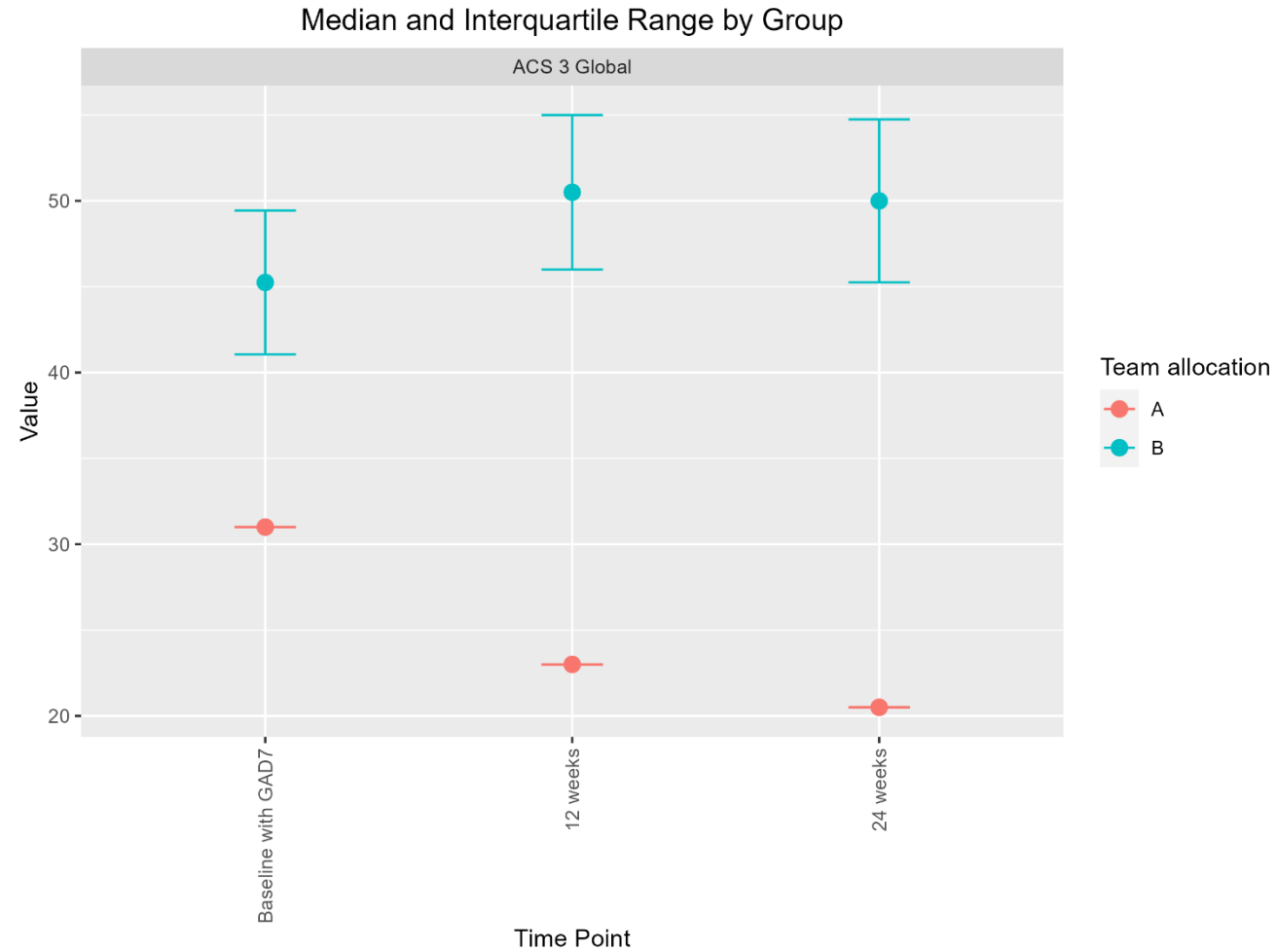
### Median and Interquartile Range by Group



**A** = Usual care OT

**B** = OBtAIN-PD

# Activity Card Sort



A = Usual care OT

B = OBtAIN-PD

# Economic and process evaluation



- No reported unplanned hospital admissions, GP attendance, or loss of work hours (for participant or care partner).
- No additional unplanned financial expenditure.
- **Delivery of usual care occupational therapy;** costs £11.50/ session.
- **Delivery of the OBtAIN-PD;** on average, costs £30.64/ session
- **Total cost for compensatory equipment;** £168.65 (n=2)
- No additional or unexpected equipment provision due to the trial (both groups)



# Interviews

- Nine participants and 11 clinicians interviewed.
  - One participant unwell, one non-response,
  - Therapy managers interviewed.
  - Three OTs requested a group interview.
- External interviewer used for clinician interviews.
- Professional transcription used.
- Face-to-face n=1, telephone n=5, video conferencing n=11
- Average interview length – 38 minutes.
- Three themes identified

Study  
processes

Experiences  
of OBtAIN-PD

Learning

# Discussion and next steps



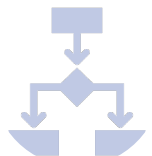
**Feasible and acceptable** for participants with no adverse events



OBtAIN-PD needs further **co-production** to keep positive benefits for participants while enhancing feasibility in the UK health system



**Secondary** qualitative data analysis



**Refine** trial procedures (NIHR SCPRA 2025) and run a national RCT (NIHR Postdoctoral award 2027)



**Future** international collaboration

# Thank you!



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