Appendix A: Staff survey

*You have been invited to participate in a project carried out by Dr Poppy Brown with Dr Becci Dow at South and North Bucks Older Adults Psychological Services.

We are interested in your views and experiences in the CMHT regarding patients experiencing delusions/severe paranoia. This survey is entirely anonymous. The results will be used to inform a training session on working with delusions.

Thank you for your time!*

**Q1 What is your age in years?**

**Q2 What is your gender?**

Male □    Female □    Gender nonbinary □    Prefer not to answer □

**Q3 What is your job role/profession?**

CPN □    Social worker □    Staff nurse □   Psychiatrist □   Care co-coordinator □

Support worker □    Team manager □   Occupational therapist □   Psychologist □   Other (please specify) □ \_\_\_\_\_\_\_\_\_\_\_

**Q4 What is your length of employment within the team?**

< 1 year □     1-2 years □    3-5 years □   6-10 years □    > 10 years □

**Q5 Approximately how many patients do you have on your caseload at the moment?**

**Q6 Of the patients on your case load, how many would you say have severe paranoia or delusions?**

**Q7 Have you received any training in delusions/psychosis?**

□ Yes, please specify what training

□ No

**Q8 Do you ever ask questions about the distress associated with a patient's delusion?**

□ Always/most of the time □ Sometimes □ No

**Q9 Do you think it’s important to challenge someone’s delusion? For example, to help them see that their belief is not true?**

□ Always/most of the time □ Sometimes □ No

**Q10 Would you ever think it would be appropriate to agree with someone's delusion?**

□ Always/most of the time □ Sometimes □ No

**Q11 Please elaborate on your reasons for your previous answer**

**Q12 Do you prefer to not talk to patients about their delusions?**

□ Always/most of the time □ Sometimes □ No

**Q13 What are the reasons for preferring to talk or not to talk to patients about their delusions?**

**Q14 Do you ever ask a patient's family members what sense they make of the delusions?**

□ Always/most of the time □ Sometimes □ No

**Q15 What interventions for delusions are most helpful? Rank your first three in order**

**Q16 Do you think psychological approaches/interventions for delusions can be useful?**

□ Yes □ Sometimes □ No

**Q17 Please elaborate on your reasons for your previous answer**

**Q18 Do you think psychological intervention has a place for organic psychosis e.g. psychosis in the context of dementia or Parkinson’s?**

□ Yes □ Sometimes □ No

**Q19 Please elaborate on your reasons for your previous answer**

**Q20 What are the reasons you might not consider psychological perspectives? Tick all that apply**

□ Not my job role

□ Psychological perspectives not relevant in psychosis/delusions

□ Lack of knowledge/confidence

□ Other, please specify

Appendix B: Training summary sheet

 Rethinking delusions – Quick TIPS

**Quick facts about delusions**

* Worries about other people and feeling unsafe is common across the general population
* A paranoid/persecutory delusion is the severe end of the spectrum of paranoia, like depression is the severe end of low mood
* A delusion is a person’s attempt to make sense of what’s happening and how they’re feeling
* False/not widely held beliefs are surprisingly common among healthy individuals
* Psychological therapy can be really effective for helping people re-engage with life, even when acutely unwell

**Six things that make paranoia/delusions worse – ask about them!**

1. High levels of worry 2. Low self-esteem 3. Unusual experiences/hallucinations

4. Disrupted sleep 5. Jumping to conclusions 6. Safety behaviours e.g. avoidance

*Improving these areas, even without working on the delusion itself, can reduce delusional conviction*

**What to say and do when working with delusions:**

*Connect with the feeling and show empathy*

‘That must be really terrifying. I’m really sorry to hear that’

‘It’s so understandable you don’t want to leave the house’

*Listen, ask questions, and reflect back*

‘You said you think someone is out to get you. Would you be able to tell me more?’

‘You’ve seen someone following you. What do you worry might happen?’

‘You’re worried about being arrested. How certain are you that this will happen?’

 ‘Have these scary things happened before?’

*Be curious rather than challenging*

‘That sounds really scary. Is there anything that would help to make you feel safer?’

‘That’s not going to happen. They won’t hurt you. There’s no evidence for that’

*Increase meaningful activity and remind them of their strengths*

‘It was really brave of you to give that a go when you were feeling so scared’

‘Is there anything that helps you feel relaxed?

‘What are your hobbies? What did you used to enjoy before you had these worries?’