# The E Sibling Project - an online information and peer support resource

Submission date	Recruitment status  No longer recruiting	<ul><li>[X] Prospectively registered</li><li>[X] Protocol</li></ul>	
06/12/2012			
Registration date	Overall study status	Statistical analysis plan	
06/12/2012	Completed	[X] Results	
Last Edited	Condition category	Individual participant data	
03/10/2018	Mental and Behavioural Disorders		

## Plain English summary of protocol

Not provided at time of registration and not expected to be available in the future

## Contact information

## Type(s)

Scientific

#### Contact name

Ms Jacqueline Sin

#### Contact details

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## Additional identifiers

Protocol serial number 13536

# Study information

Scientific Title

Exploratory randomised controlled trial of an online multi-component psychoeducational intervention for siblings of individuals with first-episode psychosis

## **Study objectives**

Siblings of individuals with first episode psychosis (FEP) are both a vulnerable group to develop mental ill health due to the negative impact caused by the psychosis within the family, as well as being the most effective and natural agents to promote service users recovery. This study aims to develop and evaluate an online multi-component psychoeducational intervention for this commonly overlooked group of resources and family members. The intervention aims to enhance siblings knowledge about psychosis and their coping capacity, thus reducing their vulnerability to mental ill health as well as improving their contribution to the service users recovery. The intervention content and delivery formats will be designed as informed by evidence in the literature as well as the siblings inputs through consultations and an expert advisory group. Mixed methods incorporated within the MRC phased research design for complex interventions will be used to develop and undertake a preliminary evaluation of the intervention. Qualitative data collection methods such as focus groups and semi-structured individual interviews with siblings will be employed in conjunction with a factorial design randomised trial with several outcome measures to test the effectiveness, feasibility and acceptability of the newly developed intervention with the target population.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

First MREC, 22/11/2012 ref: 12/LO/1537

## Study design

Randomised interventional study

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Mental Health; Psychosis

### **Interventions**

E Sibling Project, It is anticipated that the final intervention will comprise multiple components and the following characteristics: psychoeducation focusing on information-giving on psychosis, common treatment and management strategies for symptoms with a feature called "Ask the Expert" and a peer support element that uses a virtual discussion network with secured and moderated discussion boards on commonly encountered issues and experiences to facilitate mutual sharing and discussion between siblings.

Follow Up Length: 3 months

## **Intervention Type**

Other

#### Phase

Not Applicable

## Primary outcome(s)

Siblings' mental wellbeing using Warwich-Edinburgh Mental Wellbeing Scale measured at baseline, 10 weeks, at end of using intervention and after 20 weeks.

## Key secondary outcome(s))

- 1. Knowledge of mental health using Mental Health Knowledge Schedule (MAKS) measured at baseline, 10 weeks, at end of using intervention and after 20 weeks
- 2. Positive and negative experience of caring using Experience of Caregiving Index (ECI) measured at baseline, 10 weeks, at end of using intervention and after 20 weeks
- 3. Self efficacy using the Assessment of Perceived General Self-Efficacy (APGSE) measured at baseline, 10 weeks, at end of using intervention and after 20 weeks

## Completion date

31/12/2014

# Eligibility

## Key inclusion criteria

- 1. Aged 16 years or above
- 2. Has a brother or sister receiving or has received service from a local EIPS over the last three years
- 3. Is based within Greater London or Berkshire areas themselves
- 4. Has at least weekly contact with their ill brother or sister on average over the last 3 months
- 5. Understands English in usual online communications
- 6. Has daily access to internet use
- 7. Male or female participants

## Participant type(s)

Patient

## Healthy volunteers allowed

No

#### Age group

Adult

#### Sex

Αll

#### Key exclusion criteria

- 1. Siblings of individuals whose primary diagnosis is not first-episode psychosis or who is not/ has not been under the care of Early Intervention in Psychosis Service within the last three years at the time of joining the trial
- 2. Siblings themselves who have a diagnosed major mental illness that require secondary /specialised mental health care treatment, either as medication or talking/ psychological therapy

#### Date of first enrolment

01/05/2013

Date of final enrolment 31/12/2014

## Locations

**Countries of recruitment** United Kingdom

England

Study participating centre King's College London London United Kingdom SE1 8WA

# Sponsor information

## Organisation

King's College London (UK)

#### **ROR**

https://ror.org/0220mzb33

# Funder(s)

## Funder type

Government

## **Funder Name**

NIHR Doctoral Research Fellowship (UK) ref: DRF-2011-04-129

# **Results and Publications**

Individual participant data (IPD) sharing plan

IPD sharing plan summary

# Not provided at time of registration

# Study outputs

Output type	Details	Date created Date added	Peer reviewed?	Patient-facing?
Results article	results	01/10/2014	Yes	No
Results article	results	01/09/2016	Yes	No
Protocol article	protocol	26/04/2013	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes