

# WELLFOCUS study: to investigate an intervention to improve well-being in people with psychosis

<b>Submission date</b> 12/11/2012	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 14/12/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 04/10/2018	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Well-being is important for everyone, including people with severe mental illness. Well-being can help to improve functioning, resilience, and life satisfaction and may protect against mental illness.

Positive Psychotherapy (PPT) was developed in the field of positive psychology. It aims to increase well-being by building positive emotions, character strengths, and meaning. So far, PPT has been shown to decrease symptoms and increase well-being in people with depression and other common mental disorders. There are no established interventions to increase well-being in people with severe mental illness, but PPT is a promising approach. In a previous project we adapted PPT to be suitable as a group therapy for people with psychosis. We have done so with the input of service users, professional carers, and experts in the field. In this study we will show how the adapted intervention can be best delivered to people with psychosis.

### Who can participate?

Adults with an experience of psychosis from a London NHS Trust.

### What does the study involve?

Participants will receive the WELLFOCUS programme, in group therapy format in addition to their usual care, or continue to receive their usual care as before. Participants will be assessed with a range of questionnaires before and after the study period and they will be asked to participate in personal interviews and focus groups.

### What are the possible benefits and risks of participating?

Participants may experience increased personal well-being and there are no known risks for participants.

### Where is the study run from?

Institute of Psychiatry at Kings College London, UK

When is study starting and how long is it expected to run for?  
Recruitment will start in early 2013 the study is expected to run until 2015.

Who is funding the study?  
Guys & St Thomas Charity, UK

Who is the main contact?  
Dr Beate Schrank  
beate.schrank@kcl.ac.uk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Mike Slade

**Contact details**  
Kings College London  
Institute of Psychiatry  
Health Service and Population Research Department  
Denmark Hill  
London  
United Kingdom  
SE5 8AF  
-  
mike.slade@kcl.ac.uk

## Additional identifiers

**Protocol serial number**  
G101016

## Study information

**Scientific Title**  
Pilot randomised controlled trial of a modified intervention to improve well-being in people with psychosis

**Acronym**  
WELLFOCUS

**Study objectives**  
No specific hypothesis is tested as this is a pilot randomised controlled study. This means that it will establish if the intervention works as it is expected to and if it can be delivered as planned in a research setting. The results will help to further adapt the intervention and the research process and help to plan a big study to investigate the intervention.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Pilot randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Psychosis

**Interventions**

Participants will be randomised into either of the following groups:

1. The WELLFOCUS intervention: adapted PPT for people with psychosis in a group format, once a week over 12 weeks, in addition to treatment as usual.
2. Treatment as usual

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Personal well-being assessed using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

**Key secondary outcome(s)**

1. Quality of life as assessed by the Manchester Short Assessment of Quality of Life (MANSA)
2. Happiness as assessed by the Short Depression-Happiness Scale (SDHS)
3. Hope as assessed by the Integrative Hope Scale (IHS)
4. Savouring as assessed by the Savouring Beliefs Inventory (SBI)
5. Symptoms and functioning as assessed by Brief Psychiatric Rating Scale (BPRS)
6. The Health of the Nation Outcome Scale (HoNOS)
7. The Global Assessment of Functioning (GAF)

**Completion date**

01/01/2015

## **Eligibility**

**Key inclusion criteria**

Adults with a primary diagnosis of psychosis who are not currently receiving in-patient care or are in prison, speak and understand English and are sufficiently well to participate

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Serious cognitive impairment
2. Unable to give informed consent

**Date of first enrolment**

01/01/2013

**Date of final enrolment**

01/01/2015

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Kings College London

London

United Kingdom

SE5 8AF

**Sponsor information****Organisation**

Kings College London (UK)

**ROR**

<https://ror.org/0220mzb33>

# Funder(s)

## Funder type

Charity

## Funder Name

Guy's and St Thomas' Charity ref: G101016

## Alternative Name(s)

Guy's and St Thomas' Charity, Guy's and St Thomas' Foundation, GSTTFoundation

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

# 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?
<a href="#">Results article</a>	results	01/01/2015		Yes	No
<a href="#">Results article</a>	results	01/06/2016		Yes	No
<a href="#">Protocol article</a>	protocol	03/06/2014		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes