

An evaluation of the Cares of Life Project (CoLP): Fundamentally improving mental health services for Black people in Southwark

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| Submission date 07/06/2007 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 14/09/2007 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 12/05/2011 | Condition category Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan |
| | | <input checked="" type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Graham Thornicroft

Contact details

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SE5 8AF

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N0042132131

Study information

Scientific Title

Acronym

CoLP (Cares of Life Project)

Study objectives

The primary hypothesis for the study was that compared to individuals who were randomised to the 'standard access' control group, individuals randomised to the 'rapid access' intervention group would after a 3-month follow-up period:

1. Show significantly improved levels of psychological well-being

Secondary hypotheses were that individuals in the intervention group would:

1. Rate mental health services as being more culturally sensitive
2. Have greater trust in mental health services
3. Be more satisfied with mental health services
4. Have reduced negative beliefs about mental health services

Ethics approval required

Old ethics approval format

Ethics approval(s)

South London and Maudsley Research Ethics Committee, approved on 15 November 2002 (ref: 176/02)

Study design

A randomised controlled trial.

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Not Specified

Participant information sheet

Health condition(s) or problem(s) studied

Anxiety and /or depression

Interventions

The experimental group had rapid access to Community Health Workers who delivered a needs-led package of care comprising psychological therapies (cognitive behavioural therapy, Brief

Solution Focused Therapy), health education, advocacy, mentoring and some physical health investigations (blood pressure and blood sugar testing). The control group had 'standard access.' Individuals were followed up after 3 months of receiving the intervention.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Psychological well-being and general functioning were rated using the following at baseline and 3-month follow-up:

1. General Health Questionnaire (GHQ-28)
2. Short Form 36 (SF-36)
3. Global Assessment of Functioning (GAF)

Secondary outcome measures

1. Perceived access to and cultural sensitivity of mental health services, rated using the Accessibility and Cultural Sensitivity Schedule (ACCeSS), assessed at baseline and 3-month follow-up
2. Satisfaction with mental health services rated using the Treatment Perceptions Questionnaire (TPQ) at 3-month follow-up
3. Trust in mental health services examined using the TRUST semi-structured interview schedule at 3-month follow-up
4. Cost of service use (CSRI) assessed at baseline and 3-month follow-up
5. The social context of mental health rated using the Shortened Life Events and Difficulties Schedule (SLEDS) at baseline and 3-month follow-up

Overall study start date

01/06/2002

Completion date

31/05/2006

Eligibility

Key inclusion criteria

Individuals who were referred to the service were included in the study if they met all of the following criteria:

1. Resident of the London Borough of Southwark
2. Of Black African origin (Black African individuals born in sub-Saharan Africa or born in the UK with at least one parent of sub-Saharan decent) or Black Caribbean origin (Black patients born in the Caribbean or born in the UK with at least one parent of Caribbean decent).
3. Scored positive for symptoms on the World Health Organisation Mental Health Checklist for Anxiety and Depression indicating a diagnosis of clinical depression (ICD-10 codes F32, F33.0 - F33.2) and/or anxiety (F40, F41.1, F41.2)
4. Consented to being randomised

Participant type(s)

Patient

Age group

Not Specified

Sex

Both

Target number of participants

80

Key exclusion criteria

1. Non-English speaking
2. Resident of another borough
3. Did not score positive for symptoms on the WHO checklist for anxiety and depression

Date of first enrolment

01/06/2002

Date of final enrolment

31/05/2006

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Health Services and Population Research

London

United Kingdom

SE5 8AF

Sponsor information

Organisation

King's College London (UK)

Sponsor details

Research and Development Office, Room W1.08

Institute of Psychiatry

De Crespigny Park

London

England
United Kingdom
SE5 8AF

Sponsor type
University/education

Website
<http://www.kcl.ac.uk/>

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

Funder(s)

Funder type
Charity

Funder Name
Guy's and St Thomas' Charitable Foundation (Grant code GO11019DF) (UK)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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 | 01/12/2010 | | Yes | No |