

# Improving self-confidence in people who have worries about others

<b>Submission date</b> 05/09/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 10/09/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 12/08/2015	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Background and study aims:

Delusions are a key symptom of severe mental illnesses, particularly schizophrenia. Persecutory delusions are one of the most common psychotic symptoms and are frequently associated with distress, suicide and admission to psychiatric hospital. Existing treatments, pharmacological and psychological are only partially effective. A way to improve treatment is to target the mechanisms causing delusions to persist. A cognitive model of persecutory delusions indicates that negative beliefs about the self are important in the development and maintenance of persecutory delusions and this is supported by recent research. Psychological interventions based on cognitive behavioural theory and techniques have been shown to change people's negative beliefs about themselves in patients with affective disorders. Recent research also suggests that CBT interventions targeted at underlying mechanisms of delusions are effective and popular with psychosis. The evidence suggests that a cognitive behavioural intervention designed to target negative beliefs about the self in people with persecutory delusions may be effective at changing people's negative beliefs and hence their persecutory delusion. The current research will conduct a study to test this prediction.

Who can participate?

Males and females, aged 18-70. Participants will be recruited from inpatient and outpatient mental health services. They will be currently experiencing a persecutory delusion and have negative beliefs about themselves.

What does the study involve?

Participants will complete three assessments at three different time points- at 0 weeks (the beginning of their involvement in the study), at 8 weeks and at 12 weeks. These assessments will measure how participants are feeling about themselves and other people. Between the 0 week and 8 week assessments half of the participants will receive 6 sessions of cognitive behaviour therapy (CBT) designed to target the negative beliefs they have about themselves. This will be in addition to their usual treatment. The other half of the participants will continue to receive their usual treatment but with no extra therapy sessions. Who receives the therapy straight away is decided by a process called randomisation, which is like a coin toss. At the end of the study we will compare the two groups on their assessment scores to see if there is any benefit of receiving the additional therapy sessions.

What are the possible benefits and risks of participating?

The talking therapy has been designed to help with improving self-confidence. This may help to reduce anxiety and worries about others. There are not any risks in taking part. Evidence suggests that cognitive-behavioural therapy can be helpful for people who are experiencing worries about others and the therapists have previous experience of delivering cognitive-behavioural therapy to patients.

Where is the study run from?

University of Oxford in collaboration with Oxford Health NHS Foundation Trust

When is the study starting and how long is it expected to run for?

The study started in July 2012 and will be recruiting for 1 year. Participants will be involved in the study for 12 weeks.

Who is funding the study?

Medical Research Council, UK

Who is the main contact?

Dr Katherine Pugh

katherine.pugh@psych.ox.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Dr Katherine Pugh

### Contact details

University of Oxford

Department of Psychiatry

Warneford Lane

Headington

Oxford

United Kingdom

OX3 7JX

+44 (0)1865 226468

katherine.pugh@psych.ox.ac.uk

## Additional identifiers

### Protocol serial number

12821

## Study information

### Scientific Title

A randomised controlled test of reducing negative beliefs about the self in people with persecutory delusions: improving self-confidence

## **Study objectives**

It is hypothesised that a brief cognitive behavioural intervention designed to target negative beliefs about the self will reduce negative beliefs about the self and persecutory delusions in patients currently experiencing a persecutory delusion.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

NRES Committee South Central - Oxford B, 25/07/2012 ref: 12/SC/0369

## **Study design**

Randomised interventional trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

Schizophrenia, Psychosis

## **Interventions**

The study will recruit 30 patients to be randomised to either 6 weeks treatment or a control condition and it is the additional receipt of the intervention to standard psychiatric treatment that will be evaluated. Measurements will be taken at three time points: pre-treatment, post-treatment and one month follow-up. Participants will be recruited from inpatient and outpatient services in Oxford Health NHS Foundation Trust.

Improving self-confidence, 6 session intervention using CBT techniques to reduce negative beliefs about the self and boost positive beliefs.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

Brief Core Schema Scale measured at 0 weeks, 8 weeks and 12 weeks

## **Key secondary outcome(s)**

1. Beck Anxiety Inventory measured at 0 weeks, 8 weeks, 12 weeks
2. Beck Depression Inventory measured at 0 weeks, 8 weeks, 12 weeks
3. Paranoid Thoughts Scale measured at 0 weeks, 8 weeks and 12 weeks
4. Psychotic Symptom Rating Scale - Delusions subscale measured at 0 weeks, 8 weeks and 12 weeks
5. The Robson Self-Concept Questionnaire measured at 0 weeks, 8 weeks, 12 weeks
6. Warwick-Edinburgh Mental Well-being scale measured at 0 weeks, 8 weeks, 12 weeks

**Completion date**

16/04/2013

## Eligibility

**Key inclusion criteria**

1. A current persecutory delusion as defined by Freeman and Garety (2000)
2. Scoring at least 3 on the conviction scale of the PSYRATS (Haddock et al., 1999)
3. That the delusion has persisted for at least three months; a clinical diagnosis of schizophrenia, schizoaffective disorder or delusional disorder (i.e. a diagnosis of non-affective psychosis (F2) in the International Classification of Diseases and Diagnostic and Statistical Manual IV)
4. Negative beliefs about the self (as indicated by endorsing at least one negative schematic belief on the Brief Core Schema Scale (Fowler et al., 2006))
5. Aged between 18 and 70
6. Where major changes in medication are being made, entry to the study would not occur until at least a month after stabilisation of dosage
7. Male & female participants

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

70 years

**Sex**

All

**Key exclusion criteria**

1. A primary diagnosis of alcohol or substance dependency
2. Organic syndrome or learning disability
3. A command of spoken English inadequate for engaging in therapy or the assessments
4. Currently having individual CBT (though previous experience of CBT is not an exclusion)

**Date of first enrolment**

26/07/2012

**Date of final enrolment**

16/04/2013

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

University of Oxford

Oxford

United Kingdom

OX3 7JX

**Sponsor information****Organisation**

Oxford University (UK)

**ROR**

<https://ror.org/052gg0110>

**Funder(s)****Funder type**

Research council

**Funder Name**

Medical Research Council

**Alternative Name(s)**

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**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	01/12/2014		Yes	No