

Predictors of psychological treatment outcomes for common mental health problems (CMHP) in Improving Access to Psychological Therapies (IAPT) service users

Submission date 21/12/2022	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 22/12/2022	Overall study status Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 15/08/2024	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Psychological therapies are helpful in treating depression and anxiety and half of the treated adults do recover. However, it is not clear whether older people are helped more or less than younger people. In this study, we aim to investigate the predictors of psychological treatment outcomes for common mental health problems in adults (18+ years) in the IAPT services and secondly, whether these predictors affect psychological treatment outcomes differently for working age (18-64 years) and older adults (65+ years).

Who can participate?

The study aims to recruit 700 participants in total, who are aged 18 years or over and are offered treatment in the IAPT service for common mental health problems.

What does the study involve?

Participants will be asked to complete a baseline questionnaire before the start of their treatment. These baseline measures will be complemented by routinely collected data from the IAPT systems after the completion of treatment.

What are the possible benefits and risks of participating?

By taking part in the study, participants will help us learn for whom treatment for common mental health problems works best or least. This will help NHS services plan what to offer to others. Thinking about our thoughts and feelings of low mood and anxiety, stressful life events and their impact can be helpful. However, it can also be difficult to do. If a participant feels upset answering any of the questions,

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

December 2021 to March 2024

Where is the study run from?
University of Sussex (UK)

Who is funding the study?
Mental Health Research UK

Who is the main contact?
Alexandra Schmidt, as2085@sussex.ac.uk

Contact information

Type(s)

Principal investigator

Contact name

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

Integrated Research Application System (IRAS)

297739

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

IRAS 297739, CPMS 51250

Study information

Scientific Title

Predictors of psychological treatment outcomes for CMHP in IAPT

Acronym

PROPEL

Study objectives

1. What are the predictors of psychological treatment outcomes for common mental health problems in adults (18+ years) in the Improving Access to Psychological Therapies (IAPT) services?
2. Do these factors affect psychological treatment outcomes differently for older (65+ years) and working-age adults (18-64 years)?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 24/12/2021, South Central-Hampshire B Research Ethics Committee (Health Research Authority, 2 Redman Place, Stratford, London, E20 1JQ, UK; +44 20 7104 8289; hampshireb.rec@hra.nhs.uk), ref: 21/SC/0387

Study design

Multi-centre observational cohort study

Primary study design

Observational

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Common mental health problems, such as depression and/or any anxiety disorder, e.g. generalised anxiety disorder, panic disorder, phobias, PTSD, OCD.

Interventions

Participants will be invited to take part in the study after having been accepted into the IAPT service, but before the start of treatment. Once consented, participants will be asked to complete a questionnaire with different measures - these form the baseline measures. After the completion of treatment, a set of routinely collected measures by IAPT will be obtained, including pre- and post-treatment symptom severity. Analyses will be run to ascertain if any factors obtained at baseline are associated with treatment outcome.

The total duration of treatment and follow-up depends on the individual treatment each participant receives and how many sessions they attend.

Intervention Type

Behavioural

Primary outcome(s)

Recovery and change in symptom severity as measured by the scores on the corresponding scale for each presenting problem (below). These measures are routinely taken in the IAPT service before the start of therapy (T0) and post-therapy (T1):

1. Depression symptom severity measured using The Patient Health Questionnaire (PHQ-9)
2. Generalised anxiety measured using the Generalised Anxiety Disorder Assessment (GAD-7)

3. Obsessive-compulsive disorder measured using the Obsessive-Compulsive Inventory (OCI)
4. Social phobia measured using the Social Phobia Inventory (SPIN)
5. Agoraphobia measured using the Agoraphobia-Mobility Inventory (MI)
6. PTSD measured using PTSD Checklist for DSM-5 (PCL-5)
7. Panic disorder severity measured using the Panic Disorder Severity Scale (PDSS)

Key secondary outcome(s)

Daily occupational and social functioning measured using The Work and Social Adjustment Scale (WSAS) before the start of therapy (T0) and post-therapy (T1).

Completion date

31/03/2024

Eligibility**Key inclusion criteria**

1. Be aged 18 years or over
2. Are offered treatment in the IAPT service in step 2 or step 3 of depression and/or an anxiety disorder
3. Read and understand English at the required level in order to respond to the PIS and the questionnaire

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

1218

Key exclusion criteria

1. Patients under the age of 18 years

Date of first enrolment

10/06/2022

Date of final enrolment

31/03/2023

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Sussex Partnership NHS Foundation Trust

Trust Hq

Swandean

Arundel Road

Worthing

United Kingdom

BN13 3EP

Study participating centre

Avon and Wiltshire Mental Health Partnership NHS Trust

Bath NHS House

Newbridge Hill

Bath

United Kingdom

BA1 3QE

Study participating centre

Humber Teaching NHS Foundation Trust

Trust Hq, Willerby Hill

Beverley Road

Willerby

Hull

United Kingdom

HU10 6ED

Study participating centre

North East London NHS Foundation Trust

West Wing

C E M E Centre

Marsh Way

Rainham

United Kingdom

RM13 8GQ

Study participating centre

Oxleas NHS Foundation Trust

Pinewood House
Pinewood PLACE
Dartford
United Kingdom
DA2 7WG

Study participating centre

South West London & St George's Mental Health NHS Trust

Springfield University Hospital
Glenburnie Road
London
United Kingdom
SW17 7DJ

Study participating centre

Cambridgeshire and Peterborough NHS Foundation Trust

Elizabeth House,
Fulbourn Hospital
Fulbourn
Cambridge
United Kingdom
CB21 5EF

Study participating centre

East London NHS Foundation Trust

Robert Dolan House
9 Alie Street
London
United Kingdom
E1 8DE

Study participating centre

Southern Health NHS Foundation Trust

Tatchbury Mount Hospital
Calmore
Southampton
United Kingdom
SO40 2RZ

Study participating centre

Berkshire Healthcare NHS Foundation Trust

Fitzwilliam House
Skimped Hill Lane
Bracknell
United Kingdom
RG12 1BQ

Study participating centre

Cheshire and Wirral Partnership NHS Foundation Trust

Trust Headquarters Redesmere
The Countess of Chester Health Park
Liverpool Road
Chester
United Kingdom
CH2 1BQ

Study participating centre

Bradford District Care NHS Foundation Trust

New Mill
Victoria Road
Saltaire
Shipley
United Kingdom
BD18 3LD

Study participating centre

Solent NHS Trust Headquarters

Highpoint Venue
Bursledon Road
Southampton
United Kingdom
SO19 8BR

Study participating centre

Derbyshire Healthcare NHS Foundation Trust

Trust Headquarters
Kingsway Hospital
Kingsway
Derby
United Kingdom
DE22 3LZ

Study participating centre

Surrey and Borders Partnership NHS Foundation Trust

18 Mole Business Park
Randalls Road
Leatherhead
United Kingdom
KT22 7AD

Study participating centre

Sussex Community NHS Foundation Trust

Brighton General Hospital
Elm Grove
Brighton
United Kingdom
BN2 3EW

Study participating centre

Hertfordshire Partnership University NHS Foundation Trust

The Colonnades
Beaconsfield Close
Hatfield
United Kingdom
AL10 8YE

Study participating centre

Norfolk and Suffolk NHS Foundation Trust

Hellesdon Hospital
Drayton High Road
Norwich
United Kingdom
NR6 5BE

Study participating centre

Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust

St. Nicholas Hospital
Gosforth
Newcastle upon Tyne
United Kingdom
NE3 3XT

Study participating centre
Midlands Partnership NHS Foundation Trust
Trust Headquarters
St Georges Hospital
Corporation Street
Stafford
United Kingdom
ST16 3SR

Study participating centre
Dorset Healthcare University NHS Foundation Trust
Sentinel House
4-6 Nuffield Road
Nuffield Industrial Estate
Poole
United Kingdom
BH17 0RB

Sponsor information

Organisation
University of Sussex

ROR
<https://ror.org/00ayhx656>

Funder(s)

Funder type
Charity

Funder Name
Mental Health Research UK

Alternative Name(s)
Mental Health Research in United Kingdom, MHRUK

Funding Body Type
Government organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
HRA research summary	Participant information sheet		28/06/2023	No	No
Participant information sheet		11/11/2025	11/11/2025	No	Yes
Protocol file	version 6	04/08/2022	22/12/2022	No	No
Statistical Analysis Plan			15/08/2024	No	No