# StratCare Trial

Submission date	<b>Recruitment status</b> No longer recruiting	[X] Prospectively registered			
25/07/2018		[X] Protocol			
Registration date	Overall study status	Statistical analysis plan			
27/07/2018	Completed	[X] Results			
Last Edited	Condition category	[] Individual participant data			
18/08/2023	Mental and Behavioural Disorders				

## Plain English summary of protocol

Background and study aims

Patients with depression and anxiety problems accessing the English National Health Service are commonly referred for psychological treatment in IAPT services (Improving Access to Psychological Therapies). IAPT services organise treatment in a stepped care model, where most patients tend to initially receive brief and low intensity interventions before accessing more intensive psychological therapies if required. Recent studies have shown that some patients with more complex clinical presentations tend to drop out and have poor outcomes in low intensity treatments, but they respond better to high intensity treatments. These studies have suggested that referring 'complex cases' directly to high intensity treatments (stratified care) could considerably improve their likelihood of improvement in depression symptoms. The aim of this study is to compare the effectiveness of a stratified care model (where complex cases are matched to high intensity treatments) versus usual stepped-care.

### Who can participate?

Therapists and their patients who are eligible for treatment in IAPT

### What does the study involve?

Therapists (and patients they assess) are randomly allocated to the StratCare group or the usual care control group. Therapists in the StratCare group are trained to use a computer programme that helps them to identify complex cases and to adequately refer these to high intensity treatments. Control group therapists assess patients and make referrals for treatment in the usual way (based on their clinical judgment and following stepped care principles). Participants' depression and anxiety are measured before and after treatment.

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

The StratCare treatment selection method may result in improved depression symptoms for patients classified as having a complex clinical profile. It is not expected that taking part in the study will lead to any disadvantages or risks to therapists or to any patients.

# Where is the study run from?

- 1. Lancashire Care NHS Foundation Trust (UK)
- 2. Rotherham, Doncaster and South Humber NHS Foundation Trust (UK)

When is the study starting and how long is it expected to run for? August 2018 to December 2019

Who is funding the study? MindLife UK

Who is the main contact? Dr Jaime Delgadillo jaime.delgadillo@nhs.net

# **Contact information**

# Type(s)

Scientific

### Contact name

Dr Jaime Delgadillo

### **ORCID ID**

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# Additional identifiers

Protocol serial number

152958

# Study information

#### Scientific Title

Pragmatic randomised controlled trial of a stratified care model for depression and anxiety

#### Acronym

StratCare

### **Study objectives**

Patients in the StratCare group will have significantly greater improvement in depression symptoms after psychological treatment, compared to those in the usual care control group. It is expected that this effect will be found specifically in the subsample of patients classified as complex cases at the time of initial assessment.

### Ethics approval required

Old ethics approval format

## Ethics approval(s)

West of Scotland Research Ethics Service, 18/07/18, ref: 18/WS/0114

## Study design

Pragmatic cluster randomised controlled trial

## Primary study design

Interventional

## Study type(s)

Treatment

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

Common mental health problems (depression, anxiety)

#### **Interventions**

Psychological therapists who carry out mental health assessments in routine primary care services will be randomly assigned to an experimental group (StratCare) or a usual care control group.

Therapists in the experimental group will have access to a computerized artificial intelligence programme called the StratCare App. The programme prompts therapists to enter (fully anonymized) data for patients who they assess, and uses a machine learning algorithm to recommend a specific type of psychological treatment, based on each patient's characteristics.

Control group therapists will assess patients and make referrals for treatment in the usual way (based on their clinical judgment and following stepped care principles).

### Intervention Type

Device

### **Phase**

Not Applicable

# Drug/device/biological/vaccine name(s)

Not provided at time of registration

## Primary outcome(s)

Depression measured using PHQ-9 pre (initial assessment) and post-treatment (final therapy session)

# Key secondary outcome(s))

- 1. Anxiety measured using GAD-7 pre (initial assessment) and post-treatment (final therapy session)
- 2. Treatment dropout rates, as recorded in routine clinical records
- 3. Therapists' adherence to the StratCare treatment recommendations, as measured by statistical reliability indices (hit rates, and treatment-matching precision scores)

4. Cost-effectiveness of the StratCare model by comparison to usual care, determined using a cost-effectiveness acceptability curve (CEAC)

## Completion date

20/12/2019

# **Eligibility**

### Key inclusion criteria

- 1. Consenting psychological wellbeing practitioners and psychotherapists that carry out routine assessments in an IAPT service (Improving Access to Psychological Therapies programme in England)
- 2. Therapists who are employed by a participating IAPT service on a permanent contract, or temporary staff who have a contract that is at least as long as the expected timescale for the project (1 year)
- 3. All consenting patients who are assessed by participating therapists, who are deemed eligible for treatment in IAPT, and who attend at least one post-assessment therapy session

# Participant type(s)

Health professional

### Healthy volunteers allowed

No

## Age group

Adult

#### Sex

ΔII

### Total final enrolment

951

### Key exclusion criteria

- 1. Therapists whose contract is shorter than the expected timescale for the study (1 year)
- 2. Therapists currently in training, since they are not yet fully qualified to carry out routine assessments
- 3. Patients who are assessed as ineligible for treatment in IAPT (eg, those who are signposted to other services), or eligible patients who never attend any therapy sessions after an initial assessment contact

#### Date of first enrolment

13/08/2018

#### Date of final enrolment

01/05/2019

# Locations

## Countries of recruitment

**United Kingdom** 

England

Study participating centre Lancashire Care NHS Foundation Trust

Preston United Kingdom PR1 8UY

Study participating centre Rotherham, Doncaster and South Humber NHS Foundation Trust

Doncaster United Kingdom DN8 5HU

# Sponsor information

Organisation

University of Sheffield

ROR

https://ror.org/05krs5044

# Funder(s)

Funder type

Industry

**Funder Name** 

MindLife UK

# **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?
Results article		08/12/2021	09/12/2021	Yes	No
HRA research summary			28/06/2023		No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Protocol (other)			18/08/2023	No	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes