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# Recovery Colleges Characterisation and Testing 2

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 01/06/2022 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 16/06/2022 | Completed | [ ] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 01/03/2024 | Mental and Behavioural Disorders | [ ] Record updated in last year |

**Plain English summary of protocol**

Background and study aims

In England, there are 77 Recovery Colleges that provide a particular kind of adult education. Each course is designed by service users, carers and mental health staff, and classes are attended by a similar mix of people. Colleges aim to support service users to manage their condition and live a full life. In a previous study called RECOLLECT 1, researchers compared Recovery Colleges against a quality standard; compared students who use Trust services with Trust service users as a whole; and recorded what students experience at Recovery Colleges and how they benefit from them.

Phase 1 of RECOLLECT 2 used a national survey and follow-up interviews to understand the development and running of Recovery Colleges in England (ISRCTN10215637). Now, the aim is to test whether students at Recovery Colleges with a higher quality standard experience more benefit than those at other Recovery Colleges; whether Recovery Colleges provide value for money compared to just using other Trust services; and what influences they have on Trust staff, services and their local communities.

Who can participate?

Study 1: Staff and mental health service user students attending a Recovery College

Study 2: Staff and mental health service user students attending a Recovery College as well as current service users at the Trusts who do not attend the Recovery College and have consented to be contacted about research opportunities within the Trust

Study 3: Current or previous staff as well as current or former students at Recovery Colleges

What does the study involve?

As part of Study 1, staff at selected locations will be asked to voluntarily complete one questionnaire designed to establish how they view the mechanisms of change pertaining to student outcomes at their Recovery College. One additional staff member in the Senior Leadership Team will also be asked to nominate themselves to complete the RECOLLECT fidelity measure. Newly registered students at the selected Recovery Colleges will be asked to complete a series of questionnaires at registration and then at 4, 8 and 12 months follow up.

Similar to Study 1, staff participants in Study 2 will be asked to voluntarily complete one questionnaire with one additional staff member in the Senior Leadership Team also asked to complete the RECOLLECT fidelity measure. Student and control participants will be asked to

complete a series of questionnaires at baseline and at 4, 8 and 12 months follow up. This study will help explore the effectiveness and cost-effectiveness of these colleges.
Study 3 is a set of organisational case studies involving in-depth interviews with staff at Recovery Colleges and focus groups with student participants to understand factors which affect Recovery College fidelity, mechanisms of change and student outcomes.

What are the possible benefits and risks of participating?
Benefits include the opportunity for students and staff in Recovery Colleges to express their views thus helping commissioners to decide whether to fund them, managers decide how to run them, and students decide whether to attend. There are no known risks to participating in this study.

Where is the study run from?
King's College London (KCL)

When is the study starting and how long is it expected to run for?
December 2020 to November 2025

Who is funding the study?
National Institute for Health Research (NIHR) (UK)

Who is the main contact?
Dr Tesnime Jebara
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# Contact information

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Public

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# Additional identifiers

### Clinical Trials Information System (CTIS)
Nil known

### Integrated Research Application System (IRAS)
303212

### ClinicalTrials.gov (NCT)
Nil known

### Protocol serial number
NIHR200605, IRAS 303212, CPMS 53074

# Study information

### Scientific Title
Recovery Colleges Characterisation and Testing 2 (RECOLLECT 2): exploring the impact of recovery colleges on student outcomes and factors which affect these (studies 1-3)

### Acronym
RECOLLECT 2

### Study objectives
The objectives of each study are:

Study 1:
1. To investigate changes over time in service user student outcomes for an inception cohort across multiple Recovery Colleges (Student outcomes)
2. To investigate the relationships between fidelity and outcomes (Fidelity and outcome)

Study 2:
1. To assess the effectiveness of Recovery Colleges (Effectiveness)
2. To assess the cost-effectiveness of Recovery Colleges (Cost-effectiveness)

Study 3:
1. To establish the key contextual and organisational factors influencing fidelity and variation in outcomes (Organisational)
2. To finalise the RECOLLECT 2 multilevel change model (Change model)

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Approved 15/05/2022, North West-Greater Manchester West Research Ethics Committee (Barlow House, 3rd Floor, 4 Minshull Street, Manchester, M1 3DZ, UK; +44 (0)2071048384, +44 (0) 2071048328; gmwest.rec@hra.nhs.uk), ref: 22/NW/0091

## Study design
Study 1: prospective pre-post study; Study 2: prospective controlled study; Study 3: set of organisational case studies

## Primary study design
Observational

## Study type(s)
Other

## Health condition(s) or problem(s) studied
Mental health and wellbeing

## Interventions
The intervention is 'Recovery Colleges' which are services that:
1. Focus on supporting personal recovery
2. Aspire to use co-produce
3. Aspire to use adult learning approaches
4. Located in England

RECOLLECT 2 is comprised of three studies that will (1) explore the impact of Recovery Colleges on student outcomes and service use, (2) explore the effectiveness and cost-effectiveness of these colleges, and (3) understand factors which affect Recovery College fidelity, mechanisms of change and student outcomes.

As part of Study 1, staff at selected locations will be asked to voluntarily complete one questionnaire designed to establish how they view the mechanisms of change pertaining to student outcomes at their Recovery College. One additional staff member in the Senior Leadership Team will also be asked to nominate themselves to complete the RECOLLECT fidelity measure. Newly registered students at the selected Recovery Colleges will be asked to complete a series of questionnaires at registration and then at 4, 8 and 12 months follow up.

Similar to Study 1, staff participants in Study 2 will be asked to voluntarily complete one questionnaire with one additional staff member in the Senior Leadership Team also asked to complete the RECOLLECT fidelity measure. Student and control participants will be asked to complete a series of questionnaires at baseline and at 4, 8 and 12 months follow up. This study will help explore the effectiveness and cost-effectiveness of these colleges.

Study 3 is a set of organisational case studies involving in-depth interviews with staff at Recovery Colleges and focus groups with student participants to understand factors which affect Recovery College fidelity, mechanisms of change and student outcomes.

### Intervention Type
Other

### Primary outcome(s)
Study 1 and Study 2:
Student and control participants' quality of life measured by the Manchester Short Assessment of Quality of Life at baseline and 4, 8 and 12 months follow-up

Study 3:
None as it is a qualitative study

### Key secondary outcome(s))
Study 1 and Study 2:
Student and control participants (assessed at baseline and 4, 8 and 12 months follow-up):
1. Recovery assessed using the Mental Health Confidence Scale
2. Recovery assessed using the Brief INSPIRE-O
3. Social inclusion assessed using the Social Inclusion Scale/Measure
4. Resilience assessed using the Brief Resilience Scale
5. Health economics assessed using information about service use
6. Hope assessed using the Herth Hope Index
7. Social networks assessed using the Lubben Social Network Scale 6
8. Health-related quality of life assessed using EQ-5D-5
9. Wellbeing assessed using the Warwick-Edinburgh Mental Wellbeing Scale (short version)
10. Recovery College change mechanisms assessed using questions on how students view the Recovery College created for the study
11. Students' goal attainment assessed using questions

Staff participants (assessed at a single timepoint):
1. Recovery College change mechanisms assessed using questions on how staff view the Recovery College created for the study
2. Fidelity assessed using the Recovery College Fidelity Measure (only completed by the Recovery College Manager or nominated individual in a Senior Leadership position)

Study 3: None as this is a qualitative study

### Completion date
30/11/2025

## Eligibility

### Key inclusion criteria
Study 1:

Student participants:
1. Aged 18 years or over

2. Capacity to give informed consent
3. Currently using the local secondary NHS mental health service
4. Newly enrolled at a participating Recovery College

Staff participants:
1. Aged 18 years or over
2. Capacity to give informed consent
3. Recovery College staff whether on substantive, sessional, casual and voluntary contracts

Study 2:

Student participants:
1. Aged 18 years or over
2. Capacity to give informed consent
3. Currently using the local secondary NHS mental health service
4. Newly enrolled at a participating Recovery College
5. Consent to clinical records access

Control participants:
1. Aged 18 years or over
2. Capacity to give informed consent
3. Currently using the local secondary NHS mental health service
4. Not a current or past student at any Recovery College

Staff participants:
1. Aged 18 years or over
2. Capacity to give informed consent
3. Recovery College staff whether on substantive, sessional, casual and voluntary contracts

Study 3:

Student participants:
1. Aged 18 years or over
2. Capacity to give informed consent
3. Currently or previously enrolled as a student in a Recovery College at a participating site

Staff participants:
1. Aged 18 years or over
2. Capacity to give informed consent
3. Current or previous staff involved in the funding, commissioning, set-up, development, or running of the Recovery College

## Participant type(s)
Mixed

## Healthy volunteers allowed
No

## Age group
Adult

## Lower age limit

18 years

### Sex
All

### Key exclusion criteria
All Recovery Colleges:
1. Do not meet the inclusion criteria

Study 1:
Student participants:
Not currently using the local secondary NHS mental health service

Study 2:
Student participants:
1. Not currently using the local secondary NHS mental health service
2. Not willing to allow access to clinical records (can still take part in Study 1 if a sample of 48 at that site not exceeded)

Control participants:
1. Currently, or previously, enrolled at a Recovery College

Study 3:
Staff and student participants:
1. Have not attended, worked at, or been involved with (in a decision-making capacity), a Recovery College participating in Study 3

### Date of first enrolment
01/06/2022

### Date of final enrolment
30/11/2025

## Locations

### Countries of recruitment
United Kingdom

England

### Study participating centre
**Kings College London (Institute of Psychiatry, Psychology and Neuroscience)**
Health Services and Population Research Department
David Goldberg Centre, De Crespigny Park
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# Sponsor information

**Organisation**
Nottinghamshire Healthcare NHS Foundation Trust

**ROR**
https://ror.org/04ehjk122

# Funder(s)

**Funder type**
Government

**Funder Name**
National Institute for Health Research

**Alternative Name(s)**
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

**Funding Body Type**
Government organisation

**Funding Body Subtype**
National government

**Location**
United Kingdom

# Results and Publications

**Individual participant data (IPD) sharing plan**
The data custodians will be the Chief Investigators on behalf of the sponsor (Nottinghamshire Healthcare NHS Foundation Trust). Quantitative and qualitative data will be anonymised and stored in a digital repository (UK Data Service). All requests to access the data should be directed to RECOLLECT2 principal investigator Dr Claire Henderson (claire.1.henderson@kcl.ac.uk). Data will be available a year following the programme completion (starting 30/11/2026). Consent will be obtained from all participants. All data will be processed in accordance with the UK General Data Protection Regulation (GDPR) and the Data Protection Act 2018.

**IPD sharing plan summary**
Available on request

## Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| HRA research summary | | | 28/06/2023 | No | No |
| Participant information sheet | Participant information sheet | 11/11/2025 | 11/11/2025 | No | Yes |
| Study website | Study website | 11/11/2025 | 11/11/2025 | No | Yes |