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Engager: Evaluation of a collaborative care intervention for offenders

Submission date
03/02/2016

Recruitment status
No longer recruiting

Registration date
04/02/2016

Overall study status
Completed

Last Edited
05/03/2024

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Mental health problems are very common in prisoners, both while in prison and following release. It has been found that more than half have a mental health problem of some kind, with many having two or more. While prison healthcare has improved in recent years, mental healthcare is minimal for many and care after leaving prison is particularly lacking for those with short sentences. Addressing prisoners' mental health problems could lead to considerable improvements to their health, the wellbeing of their families and communities, improved social inclusion, reduced reoffending, and associated financial benefits to society. The Engager collaborative care programme was developed to help prisoners with common mental health problems (such as anxiety, depression and post-traumatic stress disorder) near to and after their release. The aim of this study is assess the effectiveness of the Engager programme at helping men with common mental health problems as they approach being released from prison.

Who can participate?
Men with a prison sentence of two years or less with between 4 and 20 weeks left to serve, who currently have mental health problems, or are likely to have such problems following release.

What does the study involve?
Participants are randomly allocated to one of two groups. Those in the first group begin the Engager programme up to 16 weeks before they are due to be released from prison and for up to 12 weeks after their release. This involves working closely with an Engager practitioner in order to set goals and help the participants to connect with services in the community that can help them to achieve these goals. Those in the second group receive usual care for the remainder of their prison stay and when they are released. At the start of the study and then 1 week before release and 1, 3 and 6 months after release, participants complete a number of questionnaires in order to assess their mental health and where they are in life. Twelve months after release, participants are followed up so that the amount that have been sent back to prison can be recorded.

What are the possible benefits and risks of participating?
Participants could potentially benefit from being able to manage anxieties and mood more effectively and improve contact with services after release from prison. There are no significant

risks of taking part, although some participants may find it distressing to think and talk about their past experiences.

Where is the study run from?
Two prisons and communities in the South West and one in the North West of England (UK)

When is the study starting and how long is it expected to run for?
December 2015 to December 2018

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

Who is the main contact?
Dr Tim Kirkpatrick
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Study website
http://www1.plymouth.ac.uk/research/engager/Pages/default.aspx

Contact information

Type(s)
Public

Contact name
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
20205

Study information

Scientific Title
Evaluation of a complex intervention (Engager) for prisoners with common mental health problems

Study objectives
The aim of this study is to assess the effectiveness and cost effectiveness of the Engager intervention in addressing the well-being and unmet needs of offenders with common mental health problems who are serving short sentences.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Wales REC 3, 12/10/2015, ref: 15/WA/0314

Study design
Randomised; Interventional; Design type: Treatment

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details to request a patient information sheet

Health condition(s) or problem(s) studied
Topic: Mental Health; Subtopic: All Diagnoses; Disease: Not Applicable

Interventions
In the first phase of this study, a collaborative care intervention (Engager intervention) for prisoners with common mental health problems, near to and after release was developed. This study will look at the effectiveness of the Engager Intervention. The intervention aims to overcome a set of challenges that have been identified as being problematic for this group including:
1. Transition between prison and community
2. Fragmented services based on diagnosis (e.g. substance misuse, depression) and social problems (homelessness, unemployment) rather than the reality of people with multiple and complex needs
3. Offenders' reluctance to trust services (or see themselves as having mental health problems)

Participants are randomly allocated to one of two groups.

Group 1: Participants receive the Engager intervention following release from prison. The intervention is designed to engage with individuals with common mental health problems who are close to release and to set up on a pathway of care from 16 weeks pre-release (in preparation for discharge) and for up to 12 weeks out in the community. The intervention will be delivered by practitioners supported by a supervisor. They will be working with offenders both pre and post-release. This work will include:
1. Developing a shared understanding between the practitioner and the offender and producing a plan for achieving individualised goals
2. Actively liaising with relevant services to support need based on a shared plan
3. Working with offenders in preparation for the ending of support
4. A senior mental health worker with experience of therapeutic work will support our Engager Practitioners

Group 2: Participants receive standard care following release from prison.

The total length of the intervention varies, depending on how long they are in prison (between 4 and 16 weeks). The length of the community element of the intervention is flexible depending on the needs of individual participants, but is likely to be between 2 and 5 months. The maximum time any individual will receive the intervention is 9 months. Baseline assessments will be conducted at recruitment, and follow-up interviews will be collected at 1 week pre-release, and then at approximately 1, 3, and 6 months post release. Reconviction data will be collected at 12 months post-release.

Intervention Type
Other

Primary outcome measure
Psychological distress is measured using the CORE-OM at baseline, 3 and 6 months post release.

Secondary outcome measures
1. Recidivism based on data from the Police National Computer (PNC) at 12 months post release
2. Assessment of subjective met and unmet need is measured using the Camberwell Assessment of Need – Forensic Version (CAN-FOR) - Adapted at baseline, 3 and 6 months post release
3. Change in objective social domains (accommodation, education, employment and benefits) is measured through interviews at baseline, 3 and 6 months post release
4. Service utilisation and helpfulness of services is measured using the Client Service Receipt Inventory (CSRI) - Adapted at baseline, 3 and 6 months post release
5. Health related quality of life… is measured using the EQ-5D-5L at baseline, 3 and 6 months post release
6. Well-being related quality of life is measured using the ICE-CAP-A at baseline, 3 and 6 months post release
7. Experience of care is measured using the Inspire questionnaire (Relationship section only) at baseline, 3 and 6 months post release
8. Drug and alcohol subjective dependence is measured using the Leeds Dependence Questionnaire at baseline, 3 and 6 months post release
9. Participant derived problems is measured using the PSYCHLOPS at baseline, 3 and 6 months post release
10. Hope, trust and motivation is measured using the Intermediate Outcomes Measurement Instrument (IOMI) at baseline, 3 and 6 months post release
11. Drug and alcohol use is measured using the Treatment Outcomes Profile - Adapted at baseline, 3 and 6 months post release

Overall study start date
01/08/2013

Completion date
04/01/2019

Eligibility

Key inclusion criteria
1. Men with prison sentence of two years or less
2. Have between 20 and 4 weeks remaining to serve
3. Be identified using screening instruments as having, or likely to have following release, common mental health problems (e.g. depression, anxiety, PTSD)
4. Be willing to engage with treatment services and research procedures
5. Released to the geographical area of the study

Participant type(s)
Patient

Age group
Adult

Sex
Both

Target number of participants
Planned Sample Size: 280; UK Sample Size: 280

Total final enrolment
280

Key exclusion criteria
1. Prisoners on remand
2. Women (numbers are smaller and resettlement needs are different; research procedures developed are not feasible for this context)
3. Have a serious and enduring mental disorder and/or under the prison in-reach team
4. Those with active suicidal intent requiring management under the safer custody process or prison in-reach team, and where the healthcare team managing the prisoner feel it would be detrimental
NOTE: Once risk levels reduce individuals in this group will be eligible if not excluded for another reason
5. Have a primary personality disorder who are on the caseload of the Offender Personality Disorder Pathway programme
6. Present a serious risk of harm to the researchers or intervention practitioners
NOTE: Co-morbid substance misuse and personality disorder are NOT exclusion criteria

Date of first enrolment
14/01/2016

Date of final enrolment

31/10/2017

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Plymouth University Schools of Medicine and Dentistry
N9 ITTC Building
Plymouth Science Park
Davy Road
Plymouth
United Kingdom
PL6 8BX

Study participating centre
University of Manchester
Centre for Mental Health and Safety
Institute of Brain, Behaviour and Mental Health
2.315, Jean McFarlane Building
Oxford Road
Manchester
United Kingdom
M13 9PL

Sponsor information

Organisation
Devon Partnership NHS Trust

Sponsor details
Wonford House
Dryden Road
Exeter
England
United Kingdom
EX2 5AF

Sponsor type
Hospital/treatment centre

ROR
https://ror.org/04fkxrb51

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

Publication and dissemination plan
Planned publication of study results in peer review journals and in a report to National Institute for Health Research.

Intention to publish date
01/04/2021

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are not expected to be made available.

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	20/02/2018		Yes	No

Other publications	results of a a cost-utility and cost-consequences analysis	05/08/2021	06/08/2021	Yes	No
Other publications	process evaluation	14/07/2022	15/07/2022	Yes	No
HRA research summary			28/06/2023	No	No
Results article		01/10/2022	05/03/2024	Yes	No
Results article		18/08/2022	05/03/2024	Yes	No