

# Enhanced physical health screening for people with severe mental illness in Hong Kong

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
25/09/2013	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
07/11/2013	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
04/09/2015	Mental and Behavioural Disorders	

## Plain English summary of protocol

### Background and study aims

People with severe mental illness have significantly poorer physical health than the general population and this problem is sometimes over-looked in clinical practice. Previous health screening studies conducted outside Asian countries have shown that there is potential benefit in using an enhanced screening tool, as this can result in improvements in patients' health behaviours and physical state. There have not been any other studies which have investigated the use of an enhanced screening programme in Hong Kong and therefore this study should provide useful information about the use of the approach in a new clinical setting. This study aimed to explore the potential impact of using the Health Improvement Profile enhanced physical health screening tool over a 12-month period within routine clinical practice in Hong Kong.

### Who can participate?

Any male or female, aged 18-65 years, with a diagnosis of 'severe mental illness' defined by a case-note diagnosis of schizophrenia, schizoaffective disorder, psychotic depression or bipolar affective disorder (type 1 or 2).

### What does the study involve?

The study aimed to recruit approximately 200 patients. Community Psychiatric Nurses involved in the routine care of patients completed the Health Improvement Profile with patients at the start of the study and at 12 months follow-up. The screening tool is designed to identify areas of physical health risk and therefore help clinicians provide health promotion and make decisions about which existing physical health clinical services the patient may require. The findings from the Health Improvement Profile at baseline and at 12 months follow-up will be compared to give an indication about the potential effects of the screening programme over the duration of the study. All participants will receive the same treatment.

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

Participants may benefit if previously undiscovered physical health problems or unhealthy behaviours are detected. In such circumstances patients may be more likely to be referred to receive appropriate physical health interventions that are locally available and receive targeted health promotion advice from their Community Psychiatric Nurse. By taking part in this study

there are no risks of physical injury or harm. It is also unlikely that taking part in the screening would result in any emotional or psychological distress as it is conducted by clinicians who have experience in dealing with the participants. Participants will not be asked to undergo any physical investigations (i.e. blood tests) which are outside of the remit of usual clinical care.

**Where is the study run from?**

The study is a collaboration between the Community Psychiatric Nursing Service (Castle Peak Hospital Hong Kong), Canterbury Christ Church University (UK) and the University of The West of England (UK). The study will be carried out within the Community Psychiatric Nursing Service at Castle Peak Hospital, Hong Kong, the lead centre.

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

March 2012 to June 2013.

**Who is funding the study?**

Canterbury Christ Church University (UK)

**Who is the main contact?**

Daniel Bressington: Daniel.bressington@canterbury.ac.uk

Jolene Mui

## Contact information

**Type(s)**

Scientific

**Contact name**

Ms Jolene Mui

**Contact details**

Castle Peak Hospital  
15 Tsing Chung Koon Road  
Tuen Mun  
New Territories

-  
Hong Kong

## Additional identifiers

**Protocol serial number**

N/A

## Study information

**Scientific Title**

Enhanced physical health screening for people with severe mental illness in Hong Kong - results from a one-year prospective case series study

**Study objectives**

Enhanced Physical Health Screening will result in improvements in health behaviours and reductions in physical health risk over one year

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Hong Kong NTW Cluster Clinical & Research Ethics Committee, February 2012, ref: NTWC CREC 001F9b

**Study design**

Single-centre observational consecutive prospective case-series study

**Primary study design**

Observational

**Study type(s)**

Screening

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

Physical health of people with severe mental illness

**Interventions**

The serious mental illness health improvement profile (HIP) screening tool (White et al., 2009) will be completed at baseline and at 12 months follow-up. The information gathered from the screening tool will be used by the community psychiatric nurses to provide targeted health promotion advice and guide referral to appropriate existing clinical services in order to address any identified physical health issues.

Baseline HIP screening tool completed February- March 2012; 12 months follow-up HIP screening tool completed February- April 2013.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Data about physical state and health behaviours collated from using the HIP tool constitute the primary outcome measures. The items and parameters included in the tool were identified using a systematic review of the literature. The tool contains 27 items which are designed to highlight indicators of physical health risk in people with Severe Mental Illness. The parameters for use in Hong Kong required modification in relation to waist circumference and Body Mass Index (BMI) to ensure that they reflected the values recommended for an Asian population.

**Key secondary outcome(s)**

No secondary outcome measures

**Completion date**

01/06/2013

# Eligibility

## Key inclusion criteria

1. Any male or female
2. Aged from 18-65
3. With a diagnosis of severe mental illness defined by a case-note diagnosis of schizophrenia, schizoaffective disorder, psychotic depression or bipolar affective disorder (type 1 or 2)
4. Able to provide written informed consent

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Upper age limit

65 years

## Sex

All

## Key exclusion criteria

Any patient who does not have capacity to provide informed consent

## Date of first enrolment

01/02/2012

## Date of final enrolment

01/06/2013

# Locations

## Countries of recruitment

Hong Kong

## Study participating centre

Castle Peak Hospital

-  
Hong Kong

-

# Sponsor information

## Organisation

Castle Peak Hospital (Hong Kong)

## ROR

<https://ror.org/05w7tpg32>

## Funder(s)

### Funder type

University/education

### Funder Name

Canterbury Christ Church University (UK)

# 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	27/02/2014		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes