

# Hospitality project (HY): Combining peer support and home-based skill training in people with schizophrenia

<b>Submission date</b> 24/01/2017	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 31/01/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 28/06/2023	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Psychotic disorders are a group of serious mental health problem that affect how a person thinks, feels and behaves. One of the most common examples of a psychotic disorder is schizophrenia. Psychotic disorders cause a range of symptoms including hallucinations (seeing or hearing things that aren't there), delusions (beliefs that are not based on reality) and changes in behaviour. These symptoms can lead to problems socialising with others, often leading to loneliness and isolation. Attempts have been made during the last decade to improve skills for social and community functioning in patients with psychotic disorders, but clinic-based social skill training is not necessarily directly transferable to real-life situations. Home-based programs are expected to be more effective, because skills are learned in the same context as needed in daily life. Research showed that home-based skills programs in schizophrenia led to more improvement in social and community functioning than traditional clinic-based ones. However, more research is needed to look at the overall effect of home-based training on patients' functioning. Peer support groups have been shown to have positive effects on social networks, social support, recovery, empowerment and hope. They involve working with trained "peers" who have gone through a process of recovery, assisting other people with mental health issues. The aim of this study is to look at the effectiveness of a nurse-led program that combines home-based skill training combined with nurse guided peer support.

### Who can participate?

Adults who have been diagnosed with schizophrenia and other psychotic disorders.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group take part in the nurse-led program. This program is structured around an eating club, providing opportunities to practice skills in the living environment. Over 18 weeks, three patients take it in turns to organise nine dinners at home with support from a nurse. Having dinner together creates a peer support setting and organizing a dinner offers many naturally occurring opportunities to work on social- and community living skills in patients' personal environment. During the main course of dinner, participants start off by exchanging positive experiences they

had during the past two weeks. The group then chooses an illness-related discussion topic during dessert that afterwards is discussed in a twenty-minute session. The nurse concludes each meeting by reinforcing the participants for their efforts and reiterating the next dinner appointment. Each dinner takes approximately two hours. Participants also receive skills training in self-management (e.g. cooking, planning, cleaning) or social skills (e.g. complimenting, assertiveness, listening), which can be delivered on the telephone or face-to-face. Those in the second group are placed on a waiting list and receive the program after the study has finished. At the start of the study and after eight and 12 months, participants in both groups complete a range of questionnaires to assess their mental wellbeing and social functioning.

What are the possible benefits and risks of participating?  
Not provided at time of registration

Where is the study run from?

1. Lentis Psychiatric Institute (Netherlands)
2. GGZ Drenthe (Netherlands)
3. Dimence (Netherlands)
4. GGZ Friesland (Netherlands)
5. GGZ Noord Holland Noord (Netherlands)

When is the study starting and how long is it expected to run for?  
September 2016 to October 2020

Who is funding the study?  
National Academy of Sciences (USA)

Who is the main contact?  
Dr Musharraf Cyan  
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## Contact information

**Type(s)**  
Scientific

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# Additional identifiers

## Protocol serial number

2014.479. METC Groningen

# Study information

## Scientific Title

HospitaliTY project (HY): Combining peer support and home-based skill training to improve social contact and life skills in patients with schizophrenia; A randomized controlled trial

## Acronym

HY

## Study objectives

The aim of this study is to investigate the effectiveness of an nurse led intervention that combines home-based skill training combined with nurse guided peer support.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

The study does not require ethical approval as decided by the ethical board of the University Medical Centre Groningen (UMCG). This is stated in a letter from the ethical board (reference METc2014.479).

## Study design

Multi-centre randomised wait-list controlled trial

## Primary study design

Interventional

## Study type(s)

Quality of life

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

Schizophrenia and related psychotic disorders

## Interventions

Participants are randomized to one of two groups by a list of randomly generated numbers from randomizer.org. The randomization process is conducted by a person not affiliated to the research team. Participants will be randomised in blocks of seven individuals with a ratio 3:4 (intervention:control).

Intervention group: Participants receive the HY intervention. The intervention is structured around an eating club, providing opportunities to practice skills in the living environment. The integrated approach of HY is expected to provide patients with opportunities to learn and practice strategies and skills that are relevant for functional and personal recovery in a supportive environment. We expect social skills to develop when appealed to in interactions during the dinners (i.e. peer-to-peer contact) and expect peer contact to increase motivation in

working on personal goals. Throughout 18 weeks, three patients take it in turns to organise nine biweekly dinners at home with support from a nurse. Having dinner together creates a peer support setting and organizing a dinner offers many naturally occurring opportunities to work on social- and community living skills in patients' personal environment. Therefore, participants form actionable goals to practice skills that they want to improve.

During the main course of dinner, participants will start off by exchanging positive experiences they had during the past two weeks. The group will then choose an illness-related discussion topic during dessert that afterwards will be discussed in a twenty-minute session. The nurse concludes each meeting by reinforcing the participants for their efforts and reiterating the next dinner appointment. Each dinner takes approximately two hours. During dinner the nurse offers support according to the Guided Peer Support Groups (GPSG) methodology, which is characterised by offering structure and being present, without interfering in conversations between participants.

Skill training is guided by self-set goals in self-management (e.g. cooking, planning, cleaning) and /or social skills (e.g. complimenting, assertiveness, listening). These goals are a common thread in the home-based skill training sessions. Skill-training interventions are strongly individualised and nurses adjust their care in agreement with the participant. Care can be delivered by telephone or face-to-face.

Participants receive home-based skill training (5 sessions) and nurse guided peer support (15 sessions).

**Control group:** Participants are placed on a waiting list and continue as normal for the 12 months of the study. After the study is complete, they are given the opportunity to participate in the HY intervention.

Follow up takes place at 8 and 12 months and involves questionnaires to assess social contact, mental wellbeing and personal recovery.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Current primary outcome measure as of 28/06/2023:

Personal recovery is measured using Recovery Assessment Scale at baseline, 8 and 12 months

Previous primary outcome measure:

Social contact is measured using the Experience Sampling Method (ESM) at nine time points (every six weeks) during the study. Each measurement is four measurements per day for three consecutive days.

## **Key secondary outcome(s)**

Current secondary outcome measures as of 28/06/2023:

1. Self-esteem is measured using the Self Esteem Rating Scale (SERS-SF) at baseline, 8 and 12 months
2. Loneliness is measured using the De Jong- Gierveld (DJG) loneliness scale at baseline, 8 and 12 months
3. Self-stigma is measured using the Internalized Stigma of Mental Illness (ISMI) scale at baseline, 8 and 12 months
4. Quality of life is measured using the Short Form (SF-12) health survey at baseline, 8 and 12 months
5. Social functioning is measured using the Communication Skills Questionnaire (CSQ) at

baseline, 8 and 12 months

6. Social Network is measured using the Social Network Analysis (SNA) at baseline, 8 and 12 months

7. Psychopathology is measured using the Community Assessment of Psychic Experiences (CAPE) at baseline, 8 and 12 months

8. Functioning is measured using the WHO Assessment of Disability (WHODAS) and the Social Functioning Scale (SFS) (competency), the Global Assessment of Functioning (GAF) and the Personal and Social Performance Scale (PSP) at baseline, 8 and 12 months

9. Social Support is measured using the Functional and Social Support Questionnaire (FSSQ) at baseline, 8 and 12 months

10. Evaluation of the intervention is measured using the effective mechanisms of HY questionnaire and the effective mechanisms of peer support questionnaire at 8 months

11. Health consumption is measured using the health consumption questionnaire at baseline, 8 and 12 months

Previous secondary outcome measures:

1. Personal recovery is measured using Recovery Assessment Scale at baseline, 8 and 12 months

2. Self-esteem is measured using the Self Esteem Rating Scale (SERS-SF) at baseline, 8 and 12 months

3. Loneliness is measured using the De Jong- Gierveld (DJG) loneliness scale at baseline, 8 and 12 months

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10. Social Support is measured using the Functional and Social Support Questionnaire (FSSQ) at baseline, 8 and 12 months

11. Evaluation of the intervention is measured using the effective mechanisms of HY questionnaire and the effective mechanisms of peer support questionnaire at 8 months

12. Health consumption is measured using the health consumption questionnaire at baseline, 8 and 12 months

### **Completion date**

31/10/2020

## **Eligibility**

### **Key inclusion criteria**

1. Diagnosis of schizophrenia or related disorders
2. Aged 18-65 years

### **Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

65 years

**Sex**

All

**Total final enrolment**

43

**Key exclusion criteria**

1. Substance dependence (not substance abuse) of alcohol or other drugs in such a way that it will prohibit participation in peer groups
2. Frequent participation in dinners at home with peers and with personal contribution (i.e. cooking)
3. Insufficient command of the Dutch language
4. Unsuitable according to a patients' clinician. For example: florid psychotic episode or group disturbing behaviour

**Date of first enrolment**

16/02/2017

**Date of final enrolment**

01/04/2019

**Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Lentis Psychiatric Institute**

Hereweg 80

Groningen

Netherlands

9725 AG

**Study participating centre****GGZ Drenthe**

Dennenweg 9  
Assen  
Netherlands  
9404 LA

**Study participating centre****Dimence**

Nico Bolkesteinlaan 1  
Deventer  
Netherlands  
7416 SB

**Study participating centre****GGZ Friesland**

Sixmastraat 1  
Leeuwarden  
Netherlands  
8932 PA

**Study participating centre****GGZ Noord Holland Noord**

Stationsplein 138  
Heerhugowaard  
Netherlands  
1703 WC

**Sponsor information****Organisation**

University of Groningen

**ROR**

<https://ror.org/012p63287>

**Funder(s)**

Funder type

Charity

**Funder Name**  
Stichting Roos

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be stored in a non-publicly available repository

### IPD sharing plan summary

Stored in non-publicly available repository

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		15/05/2023	28/06/2023	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes