

# Feasibility study of an online Acceptance and Commitment Therapy (ACT) intervention to promote staff wellbeing in palliative care settings

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<b>Registration date</b> 21/07/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 08/02/2023	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Staff caring for people with a terminal illness commonly experience stress and distress. This can be due to general stresses that are frequent in healthcare settings such as unmanageable workloads, alongside regular exposure to death, loss and grief. In 2020, the COVID-19 pandemic resulted in increased numbers of healthcare workers experiencing mood and sleep disturbances, raising concerns about risks to mental health. Despite the prevalence of stress and distress amongst palliative care professionals, evidence-based psychological support is lacking. To address this, the aim of this study is to test an online psychological skills training intervention, based on Acceptance and Commitment Therapy, to help manage stress and improve the wellbeing of staff caring for terminally ill people.

### Who can participate?

Healthcare professionals caring for people with a terminal illness, including doctors, nurses, allied healthcare professionals (e.g. occupational therapists and physiotherapists), healthcare assistants, and members of social work teams

### What does the study involve?

Participants will complete an 8-week online Acceptance and Commitment Therapy course. This will consist of three facilitated classroom sessions and five self-directed learning modules focused on Acceptance and Commitment Therapy. Content will include mindfulness, openness, managing challenging thoughts, compassion, and values. Participants will have a workbook to support their learning and reflections; and will be invited to complete homework each week. The research team will collect data on participation numbers and drop-out to ascertain the level of interest in this form of Acceptance and Commitment Therapy training intervention and longer-term feasibility. The team will also collect data on stress, wellbeing, and burnout before, during and after the training to investigate whether there are any improvements over time. Focus

groups and interviews will be conducted to explore what aspects of the intervention work well, and which aspects work less well, for healthcare professionals caring for people approaching the end of life.

What are the possible benefits and risks of participating?

It is expected that participants will find the psychological skills training course enjoyable and informative, and it will provide them with some new approaches for dealing with stress and distress, improving their wellbeing at work and in their personal lives. It is unlikely that a participant will experience negative consequences because of participating in the study. However, if a participant reports feeling increased stress or distress, the course facilitators will discuss immediate concerns with them and will signpost them to additional resources and support as appropriate.

Where is the study run from?

University of Edinburgh (UK)

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

February 2021 to January 2022

Who is funding the study?

Marie Curie (UK)

Who is the main contact?

Dr Anne Finucane

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## Contact information

### Type(s)

Public

### Contact name

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**Additional identifiers****Clinical Trials Information System (CTIS)**

Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

CLPS021s

**Study information****Scientific Title**

Research Evaluating Staff Training Online for Resilience (RESTORE): a single-arm feasibility study of an online Acceptance and Commitment Therapy intervention to promote staff wellbeing in palliative care settings

**Acronym**

RESTORE

**Study objectives**

To develop and feasibility test an online Acceptance and Commitment Therapy (ACT) intervention to reduce stress and enhance workplace wellbeing of staff working with terminally ill patients and their families.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 20/05/2021, the Clinical Psychology Research Ethics Committee at the University of Edinburgh (Medical School, Teviot Place, Edinburgh, EH8 9AG, UK; +44 (0)131 651 3969; ethics.hiss@ed.ac.uk), ref: CLPS021s

## **Study design**

Single-arm feasibility trial

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Prevention of stress and burnout in hospice staff

## **Interventions**

Location

The intervention will run online via Microsoft (MS) Teams. Participants will be able to join from their usual workplace or home setting.

Online platform

MS Teams will be used as the training platform, as this supports a range of media, enables chat and is used widely within health and social care organisations. An MS Teams Channel will be established for the intervention, and all intervention materials made available via the channel. Participants will be invited to access the channel in advance of the first session, and individual support, as well as printed resources, will be provided.

Content

Intervention content will include values clarification, developing awareness and openness, unhooking from challenging thoughts and compassion.

Facilitation

This blended learning course will be led by Dr David Gillanders, Head of Clinical and Health Psychology at the University of Edinburgh, and facilitated by Dr Anne Finucane.

Intervention format and content

There will be eight modules delivered via MS Teams. Delivery will be via three virtual classroom sessions and five self-directed e-learning modules. The three virtual classroom modules will be interactive sessions. The five e-learning modules will be self-directed and will consist of online reading materials, pre-recorded videos, and reflective exercises. Throughout the course, participants will be encouraged to share experiences with each other and ask questions or seek clarification via the online chat function within MS Teams. Participants will receive a workbook to help them progress through the training.

Homework

Participants will be invited to complete 'homework' between each online module to reflect further on the processes discussed and how they relate to themselves and their work. Homework will be brief and non-obligatory. Examples of homework would include, for example, practicing brief mindfulness exercises or exercises to enhance compassionate responses.

## **Intervention Type**

Behavioural

**Primary outcome(s)**

1. Recruitment rate, recorded as the number of eligible participants who consented to participate in the study during the 3-month recruitment period
2. Retention rate, recorded as the number of participants who remained in the study until the end of follow up period (i.e. completed Q3 questionnaires)
3. Qualitative data regarding feasibility, collected via focus groups approximately 1 month following the completion of the intervention. The researchers will invite those who drop out to a brief interview to understand their reasons for drop-out.

**Key secondary outcome(s)**

Assessed prospectively, via online questionnaire, at four timepoints (pre-intervention; mid-way through the intervention; on completion of the intervention; and 1 month post-intervention):

1. Stress assessed by the Perceived Stress Scale (PSS)
2. Workplace quality of life assessed by the Professional Quality of Life scale (ProQol)
3. Wellbeing assessed using the Edinburgh Warwick Mental Wellbeing Scale
4. Healthcare professional experience assessed by the Mindful Healthcare Scale
5. Psychological flexibility assessed by the CompACT
6. Participants' perceptions of the training and its usefulness collected via focus groups and interviews approximately 1 month following completion of the intervention

**Completion date**

31/01/2022

**Eligibility****Key inclusion criteria**

1. Nursing and medical staff, allied health professionals, social workers, and healthcare assistants
2. Employed by Marie Curie Hospice or Nursing services in Scotland

**Participant type(s)**

Health professional

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

28

**Key exclusion criteria**

1. Staff with prior training in Acceptance and Commitment Therapy

**Date of first enrolment**

09/06/2021

**Date of final enrolment**

20/08/2021

**Locations****Countries of recruitment**

United Kingdom

Scotland

**Study participating centre****Marie Curie Hospice Edinburgh**

Frogston Road West

Edinburgh

United Kingdom

EH10 7DR

**Study participating centre****Marie Curie Hospice Glasgow**

Balornock Road

Glasgow

United Kingdom

G21 3US

**Sponsor information****Organisation**

University of Edinburgh

**ROR**

<https://ror.org/01nrxf90>

**Funder(s)****Funder type**

Charity

**Funder Name**

Marie Curie

**Alternative Name(s)**

Marie Curie Cancer Care, MarieCurieUK

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

United Kingdom

## 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?
<a href="#">Results article</a>	Results	28/12/2023	08/02/2023	Yes	No
<a href="#">Protocol article</a>		18/11/2021	31/01/2022	Yes	No
<a href="#">Other files</a>	SPIRIT Checklist		10/11/2021	No	No
<a href="#">Other files</a>	Restore Workbook		28/02/2022	No	No
<a href="#">Other files</a>	Online intervention manual		07/06/2022	No	No
<a href="#">Participant information sheet</a>			15/07/2021	No	Yes
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes