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Implementation of a Relatives Toolkit (IMPART) Study

Submission date
09/03/2016

Recruitment status
No longer recruiting

Registration date
09/08/2016

Overall study status
Completed

Last Edited
10/08/2022

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol

Background and study aims
Relatives of people with psychosis and bipolar disorder provide a huge amount of care. This caring role can cause them a lot of distress and financial stress with relatives reporting high levels of stigma, worry, shame and guilt, trauma, and loss. NICE Guidelines include a recommendation to provide information and support to all relatives. The Relatives Education and Coping Toolkit (REACT) was developed to offer an easy to use online supported intervention (program) for relatives. The intervention was developed with a lot of involvement from clinicians and relatives, provides relatives with information and support, and has been shown to reduce relatives' distress. The next challenge is to understand how this kind of intervention can be successfully implemented into routine clinical practice. This is important because despite investment in the development and evaluation of new health technologies (such as REACT) there is a huge gap between these technologies, and what people receive in the NHS. This is called the "implementation gap". It has been recognised that more research is needed to understand how new effective technologies can be successfully implemented in real world clinical settings to ensure patients and relatives benefit from them. The IMPART study will investigate how the REACT toolkit is implemented into Early Intervention Services as part of routine clinical practice in NHS Trusts. Researchers will carry out detailed analysis of what happens in each NHS Trust during the process of adopting the REACT intervention. The aim is to understand what factors support successful implementation of REACT so that it can be improved. The findings will have broader implications for understanding how other similar interventions can be successfully implemented.

Who can participate?
Relatives using REACT and healthcare staff involved in implementing REACT in participating NHS Trusts.

What does the study involve?
This study involves interviews and observations of meetings with staff responsible for implementing the REACT toolkit and relatives using the REACT toolkit, and involves 6 NHS trusts (3 in the north and 3 in the south). IMPART occurs in three waves (steps), in each wave there is 1 north site and 1 south site. The waves occur every six months, during which interviews, focus groups, and observations of key meetings are conducted with mental health service NHS staff.

Interviews with relatives or carers that have used the REACT toolkit are also conducted to understand relative's experiences of using the REACT toolkit. In addition to this, information using google analytics are collected to identify relative's usage of the site.

What are the possible benefits and risks of participating?
The research team cannot promise that the study will help participants directly you but the information we gain from your interview will be used to help improve our knowledge and inform a national implementation plan for online interventions. The research team does not think that there are disadvantages to taking part although the interviews will require 45-60 minutes of your time.

Where is the study run from?
This study is being run by Lancaster University and takes place in UK NHS trusts.

When is the study starting and how long is it expected to run for?
March 2016 to December 2018 (as of 04/10/2018)

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

Who is the main contact?
Professor Fiona Lobban (scientific)
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
HRM 7892

Study information

Scientific Title

Implementation of a relatives' toolkit (IMPART Study): Examining the critical success factors, barriers, and facilitators to the implementation of an online supported self-management intervention in the NHS

Acronym
IMPART

Study objectives
The study aims to understand the critical success factors, facilitators, barriers, and resources needed to integrate an online supported self-management intervention for relatives of people with recent onset psychosis into routine clinical care, and to use this information to develop a national Implementation Plan. Findings from this study will also be used to develop the growing evidence base investigating the translation of research findings into clinical practice, particularly regarding supported self-management interventions in mental health.

Objectives:
1. Measure the uptake and use of REACT by NHS EIS teams and relatives
2. Identify the critical success factors, facilitators and barriers to implementation of REACT
3. Identify the resources (and costs) needed for successful implementation of REACT in EIS teams
4. Investigate the impact of REACT on self-reported relatives' outcomes
5. Develop a user friendly REACT Implementation Plan and related resources (inc Fidelity Scale) to facilitate widespread use and dissemination within the NHS
6. Use the findings from this study to further develop theories of implementation of supported self-management interventions in the NHS

Ethics approval required
Old ethics approval format

Ethics approval(s)
East of England - Cambridge South Research Ethics Committee, 26/01/2016, ref: 16/EE/0022

Study design
Iterative case series design

Primary study design
Observational

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Relatives and friends supporting people with mental health problems in early intervention teams

Interventions
IMPART is an implementation study and not a trial. Essentially the study will conduct interviews and observations of meetings with staff responsible for implementing the REACT toolkit and relatives using the REACT toolkit, across 6 trusts (3 in the north and 3 in the south). IMPART occurs in three waves, in each wave there is 1 north site and 1 south site. The waves occur in 6 monthly intervals. During each wave interviews and observations of key meetings will be conducted with early intervention metal health service NHS staff. Interviews with relatives or carers that have been offered the REACT toolkit will also be conducted to understand relative’s

experiences of using the REACT toolkit. Information using google analytics will also be obtained to identify relative's usage of the site.

Intervention Type
Behavioural

Primary outcome(s)
Identification of the barriers and facilitators to the implementation of an online intervention to support relatives of people with bipolar and psychosis.

Key secondary outcome(s))
The impact of the REACT toolkit on relatives' self reported outcome measures.

Completion date
31/12/2018

Eligibility

Key inclusion criteria
Inclusion for relatives:
Any relative receiving care through the participating EIS service will be eligible to be invited to use the REACT toolkit.
However, to take part in the data collection for the research study (questionnaires and interviews), relatives will be required to be:
1. Aged 16 and over
2. Able to give legal consent
3. Good working use of English language as no translation available

Inclusion for the EIS staff and IMPART lead observations and Interviews:
1. Interviews and qualitative analysis: key people from relevant stakeholder groups responsible for implementing REACT in the 6 selected mental health trusts, these will include service commissioners, service managers, supporters, relatives.
2. Interviews, observations and document analysis: all staff involved in the implementation of REACT across the six trusts selected

Good knowledge of spoken and written English is essential

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
16 years

Sex

All

Key exclusion criteria
Relatives:
Not receiving clinical support from participating EIS teams

Staff:
Not working in participating EIS services

Date of first enrolment
14/10/2016

Date of final enrolment
31/08/2018

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Lancaster University
Lancaster
United Kingdom
LA1 4YT

Sponsor information

Organisation
Lancaster University

ROR
https://ror.org/04f2nsd36

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 datasets generated during and/or analysed during the current study is not expected to be made available due to confidentiality reasons. The vast majority of the data in this study is qualitative data from interviews with individual staff members in key NHS Trust roles. Publishing the data would not be appropriate as it would be easy to identify the staff member and therefore would not be anonymous. The data will be held at Lancaster University.

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		01/09/2020		Yes	No
Protocol article		28/12/2017	10/08/2022	Yes	No
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes