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Exploring how sexual assault referral centres (SARCs) provide services for mental health and substance use difficulties

Submission date
02/12/2019

Recruitment status
No longer recruiting

Registration date
30/01/2020

Overall study status
Completed

Last Edited
13/11/2023

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol

Background and study aims
Sexual assault referral centres (SARCs) are specialised services for the treatment of people who have experienced sexual assault. SARCs may deliver psychological and emotional support or refer or signpost people to other organisations in the local area. Mental ill health and substance use are common among people who attend SARCs. For example,about 2 in 5 SARCs attendees are estimated to have a mental health problem. Despite this, there is limited evidence regarding the mental health and substance use needs of people who attend SARCs, what works for which people in which context and where resources could be best allocated to provide the most benefit.
This study is part of a wider project exploring how well SARCs help people in terms of mental health and substance use. The study aims to identify how many people attending SARCs have a substance use or mental health difficulty, what services and referral pathways are provided by SARCs, and to explore the attendees' satisfaction with care, barriers to access and gaps in provision, as well as comparing different forms of mental health treatment received following a sexual assault.

Who can participate?
Adults who attend a SARC who can understand English or who have suitable translation services available. For those who participate in the interview in the second part of the study, they need to have a mental health or substance use need.

What does the study involve?
The researchers have identified 6 SARCS that will be used to undertake the following activities. The first is a survey of SARC attendees, with questionnaires of mental health, substance use and quality of life at two times - shortly after SARC attendance and again 6 months later. The second activity involves case studies of the 6 SARCS, including interviews and focus groups with service users, SARC staff and other stakeholders. This also includes an analysis of SARC documentation (e.g. policies, protocols) related to mental health and substance use provision. The third activity will follow up on the health outcomes of people who receive different types of psychological treatment from either a SARC or a mental health service.

What are the possible benefits and risks of participating?
The study itself will not necessarily help participants, but the information that they provide will help increase the understanding of how SARCs can improve mental health treatment for people after sexual assault. Participants will be able to have their views of the services they received heard and recognised, which may provide a 'therapeutic' benefit associated with 'having a voice'. All participants will receive information about sources of help and support.
The research team will ask participants questions about their mental health symptoms and the care that they have received, which they may find personal or distressing. Participants can take time in answering and do not have to answer questions that they do not want to. They can discuss any concerns with the researcher at any point and we will ask if they would like their GP told, so that the GP can provide further support.

Where is the study run from?
University of Leeds (UK)

When is the study starting and how long is it expected to run for?
June 2018 to December 2021

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

Who is the main contact?
Dr Rebekah Shallcross, r.shallcross@leeds.ac.uk

Study website
http://mimosstudy.org.uk

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number
238240

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
CPMS: 43811, IRAS 238240

Study information

Scientific Title
The effectiveness of sexual assault referral centres with regard to mental health and substance use: a national mixed-method study

Acronym
MiMoS

Study objectives
Sexual assault referral centres (SARCs) are specialised services for the treatment of people who have experienced sexual assault. In recognition of the psychological impact of sexual assault, SARCs may deliver psychological and emotional support or refer/signpost to other agencies in the local area. Mental ill health and substance use are common among people who attend SARCs. For example, approximately 40% of SARCs attendees are estimated to have a mental health problem. Despite this, there is limited evidence regarding the mental health and substance use needs of people who attend SARCs, what works for whom in what context and where resources could be best allocated to obtain maximum benefit.

This study is part of a wider mixed-methods project exploring the effectiveness of SARCs for mental health and substance use. The study aims to identify how many people attending SARCs have a substance use or mental health difficulty, what services and referral pathways are provided by SARCs, and to explore satisfaction with care, barriers to access and gaps in provision, as well as comparing different forms of mental health treatment received following a sexual assault.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 06/12/2019, North West - Preston Research Ethics Committee (Barlow House, 3rd Floor, 4 Minshull Street, Manchester, M1 3DZ; +44 (0)207 104 8197; nrescommittee.northwest-preston@nhs.net), ref: 19/NW/0663

Study design
Observational; Design type: Cohort study

Primary study design

Observational

Secondary study design
Cohort study

Study setting(s)
Community

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
Mental and behavioural disorders and psychoactive substance use in people who attend sexual assault referral centres (SARCs)

Interventions
The researchers have identified 6 SARCS who they will recruit from to undertake the following activities:
1. A survey of SARC attendees with questionnaires of mental health, substance use and quality of life at two timepoints: shortly after SARC attendance and again 6 months later
2. Case studies of 6 SARCs, including interviews and focus groups with service users, SARC staff and other stakeholders, and an analysis of SARC documentation (e.g. policies, protocols) related to mental health and substance use provision
3. A historical cohort study of the clinical outcomes of people who receive different models of psychological treatment from either a SARC or a mental health service

Intervention Type
Behavioural

Primary outcome measure
Survey:
Mental health assessed using the Mental Health Symptoms CORE-10 at baseline and 6-month follow-up

Cohort study:
Symptoms of mental health disorder measured using the CORE-OM (a 34-item self-report questionnaire of psychological distress over the last week) at ???

Secondary outcome measures
Survey:
1. Alcohol use assessed using AUDIT-C at baseline and 6-month follow-up
2. Post-traumatic stress disorder (PTSD) symptoms assessed using the primary care PTSD screen for DSM-5 (PC-PTSD-5) at baseline and 6-month follow-up
3. Quality of life assessed using the ReQoL scale at baseline and 6-month follow-up
4. Drug use assessed using the Drug Abuse Screening Test (DAST) at baseline and 6-month follow-up
5. Personality traits assessed using the Standardised Assessment of Personality: Abbreviated

Scale (SAPAS) at baseline
6. Proportion of different mental health, substance misuse and counselling services used by people in contact with SARCs assessed using an adapted version of the Service Receipt Inventory at 6-month follow-up
7. Participant's satisfaction and perceptions of unmet need assessed using an adapted version of the Service Receipt Inventory at 6-month follow-up

Overall study start date
01/06/2018

Completion date
01/12/2021

Eligibility

Key inclusion criteria
The current study aims to be as inclusive as possible for this research. For that reason, for WP3 and 4 the researchers have kept the inclusion criteria broad and have limited the exclusion criteria:

Inclusion:
1. Aged 18 or over
2. Can read and understand English or there are suitable confidential translation services available
3. Have identified a mental health or substance use need to take part in the interview

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
Planned Sample Size: 432; UK Sample Size: 432

Key exclusion criteria
1. Lacks capacity to provide informed consent
2. Where participation is deemed to significantly increase risk to self or others
3. SARC attendee, significant other of attendee, or staff of a SARC not participating in the study

Date of first enrolment
10/02/2020

Date of final enrolment

01/06/2020

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Manchester University NHS Foundation Trust
Cobbett House
Oxford RD
Manchester
United Kingdom
M13 9WL

Study participating centre
Kings College Hospital
Denmark Hill
London
United Kingdom
SE5 9RS

Study participating centre
G4S Health Services
Swift House
18 Hoffmanns Way
Chelmsford
United Kingdom
CM1 1GU

Study participating centre
Mountain Healthcare
The Mount
The Green
Finchingfield
United Kingdom
CM7 4JX

Study participating centre

Kent and Medway NHS and Social Care Partnership Trust
Farm Villa
Hermitage Lane
Maidstone
United Kingdom
ME16 9PH

Study participating centre
South London and Maudsley NHS Foundation Trust
Maudsley Hospital
Denmark Hill
London
United Kingdom
SE5 8AZ

Sponsor information

Organisation
University of Leeds

Sponsor details
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LS2 9NL
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Sponsor type
University/education

Website
http://www.leeds.ac.uk/

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
Results will be reported in peer-reviewed journals and conference presentations. There will also be an internal report and information provided on a website.

Intention to publish date
01/12/2022

Individual participant data (IPD) sharing plan
Non-identifiable research data will be made publicly available with written consent from participants on the University of Leeds repository (or other data repository as guided by journal publishers), with relevant data sharing agreements in place.

IPD sharing plan summary
Stored in repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
HRA research summary			28/06/2023	No	No
Results article		01/11/2023	13/11/2023	Yes	No