

# Psychological treatment for men with intellectual and/or developmental disabilities and harmful sexual behaviour

<b>Submission date</b> 11/05/2021	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 21/05/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 20/11/2023	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

There is considerable public concern about men who commit sexual offences. Such men are typically offered group cognitive behaviour therapy (CBT), both in prison and in the community. This form of therapy for sex offenders has been repeatedly evaluated and most trials have found it to be effective in reducing reoffending. However, men who show harmful sexual behaviours (HSB) and have intellectual and or developmental disabilities (IDD) have often been excluded from this form of treatment so that in the past they have rarely been offered CBT.

This proposed research project aims to evaluate the effectiveness of the SOTSEC-ID CBT group for men with IDD and harmful sexual behaviour, using the gold standard method for evaluating the effectiveness of treatments, i.e. a randomised controlled trial.

### Who can participate?

Men with intellectual and/or developmental disabilities and harmful sexual behaviour

### What does the study involve?

The plan is for groups of men with IDD who show harmful sexual behaviours to be assessed for sexual knowledge, victim empathy, cognitive distortions, and harmful sexual behaviours, and then the groups will be allocated randomly to be treated with SOTSEC-ID group CBT (with risk management) or TAU (treatment as usual). The men will be re-assessed at the end of six months and followed up at 1 year (all groups) and 2 years(intervention groups only).

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

Possible benefits include improvements (reductions) in harmful sexual behaviours, and cognitive distortions, and improvements in sexual knowledge and empathy. Risks include that this is lengthy treatment and intensive which may not suit everyone.

### Where is the study run from?

University of Kent (UK)

When is the study starting and how long is it expected to run for?  
From October 2021 to September 2025

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

Who is the main contact?  
Prof Glynis Murphy, g.h.murphy@kent.ac.uk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Glynis Murphy

**ORCID ID**  
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## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**Integrated Research Application System (IRAS)**  
291027

**ClinicalTrials.gov (NCT)**  
Nil known

**Protocol serial number**  
IRAS 291027

## Study information

**Scientific Title**  
RCT of group CBT for men with intellectual and/or developmental disabilities and harmful sexual behaviour (HaSB-IDD)

## Acronym

HaSB-IDD

## Study objectives

1. To determine whether the SOTSEC-ID group CBT program, combined with risk management:
  - 1.1. Reduces cognitive distortions in men with intellectual and/or developmental disabilities and harmful sexual behaviour
  - 1.2. Prevents or reduces their further harmful sexual behavior
  - 1.3. Improves their sexual knowledge, empathy, locus of control, and self-esteem, in comparison to men in the control group receiving Treatment As Usual (TAU)
2. To examine the costs and cost-effectiveness of this treatment
3. To examine therapist, carer and service user views of treatment (through smaller qualitative studies)

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approved 05/01/2022, Nottingham 2 Research Ethics Committee (Equinox House, City Link, Nottingham, NG2 4LA; +44 (0)207 104 8169; nottingham2.rec@hra.nhs.uk), ref: 21/EM/0270

## Study design

Multi-centre single-blinded cluster randomized controlled trial

## Primary study design

Interventional

## Study type(s)

Treatment

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

Harmful sexual behaviour in men with intellectual and/or developmental disabilities

## Interventions

This is a cluster randomized trial of a form of group cognitive behavioural treatment known as SOTSEC-ID (see <https://www.kent.ac.uk/tizard/sotsec>). After assessing site eligibility, sites will be randomised to Arm A or Arm B. Arm A consists of 6 months of CBT treatment (using SOTSEC-ID), plus risk management. Arm B is treatment as usual (mainly risk management). Therapists cannot be blind to treatment. Research workers collecting assessment and outcome data will be blind to treatment.

## Intervention Type

Behavioural

## Primary outcome(s)

Cognitive distortions measured using the Questionnaire on Attitudes Consistent with Sexual Offending (QACSO) score at baseline, 6, 12, and 24 months

## Key secondary outcome(s)

1. Harmful sexual behaviour measured using all reports from case files, carers, police, etc at baseline, 6, 12, and 24 months

2. Sexual knowledge measured using the General Sexual Knowledge Questionnaire at baseline, 6, 12, and 24 months
3. Victim empathy measured using the Victim Empathy Scale (VES-A), adapted from Beckett and Fisher's Victim Empathy Scale at baseline, 6, 12, and 24 months
4. Locus of control measured using the Nowicki-Strickland Locus of Control Scale at baseline, 6, 12, and 24 months
5. Self-esteem measured using the Rosenberg self esteem scale at baseline, 6, 12, and 24 months
6. Service use measured using the Client Services Receipt Inventory at baseline, 6, 12, and 24 months
7. Quality of life measured using the EuroQol 5-dimension 5-level (EQ-5D-5L) questionnaire at baseline, 6, 12, and 24 months

**Completion date**

30/09/2025

## Eligibility

**Key inclusion criteria**

1. Borderline or mild intellectual disability (ie an IQ below 79) and deficits in adaptive behaviours
2. Documented history of one or more incidents of harmful sexual behavior (HSB)
3. Relatively good verbal comprehension (to be judged by clinicians)
4. Capacity to make a decision as to whether they wish to take part in trial
5. Autism, additional mental health needs (as long as this would not prevent participation in the CBT group as judged by clinicians), and criminal convictions for HSB will not be reasons for exclusion

**Participant type(s)**

Mixed

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Male

**Key exclusion criteria**

1. Insufficient or receptive language to take part in group CBT
2. Mental health difficulties that would prevent him from taking part in group CBT (as judged by clinicians)
3. Resident in prison or in high secure services, or on probation
4. Does not have the capacity to make a decision as to whether to take part in the trial

**Date of first enrolment**

01/04/2022

**Date of final enrolment**

01/04/2024

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

### **Kent and Medway Partnership NHS Trust**

Tarentfort Centre and Brookfield Centre

Bow Arrow Lane

Dartford

United Kingdom

DA2 6PB

## Study participating centre

### **Northumberland Tyne and Wear NHS Foundation Trust**

Rosewood

Hopewood Park Hospital

Ryhope

Sunderland

United Kingdom

SR2 0NB

## Study participating centre

### **Oxleas NHS Foundation Trust**

Pinewood House

Pinewood Place

Dartford

United Kingdom

DA2 7WG

## Study participating centre

### **Black Country Healthcare NHS Foundation Trust**

Delta House

Delta Point

Greets Green Road

West Bromwich

West Bromwich

United Kingdom

B70 9PL

**Study participating centre****Northampton NHS Foundation Trust**

Community Team for People with Learning Disabilities  
Second Floor  
Newland House  
Campbell Square  
Northampton  
United Kingdom  
NN1 3EB

**Study participating centre****Nottinghamshire NHS Healthcare Trust**

Low Secure & Community Forensic Directorate  
Wells Road Centre  
Mapperley  
Nottingham  
United Kingdom  
NG3 3AA

**Sponsor information****Organisation**

University of Kent

**ROR**

<https://ror.org/00xkeyj56>

**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 are/will be available upon request from Prof Murphy, Chief Investigator (g.h.murphy@kent.ac.uk) and Prof Lee Shepstone Lead Statistician (l.shepstone@uea.ac.uk). All data will be potentially available, all of it will be already anonymised. These will not be available until October 2027.

## IPD sharing plan summary

Available on request

## Study outputs

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