ISRCTN27657750 https://doi.org/10.1186/ISRCTN27657750

# RCT of self-help intervention - phase 2

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 28/09/2007 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 28/09/2007 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 24/08/2012 | Mental and Behavioural Disorders | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Prof Mike Lucock

**Contact details**
Adult Psychological Therapies Services
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Ouchthorpe Lane
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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**
N0266184278

## Study information

**Scientific Title**

## Study objectives
Is there a difference in clinical outcomes between clients who receive a 1+ 1 model of facilitated self help intervention shortly after initial assessment compared to a waiting list control?

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Not provided at time of registration

## Study design
Randomised controlled trial

## Primary study design
Interventional

## Secondary study design
Randomised controlled trial

## Study setting(s)
Hospital

## Study type(s)
Treatment

## Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied
Mental and Behavioural Disorders: Anxiety disorders

## Interventions
A randomised controlled trial of a self help intervention for anxiety patients waiting for psychological therapy phase 2. Quantitative & qualitative. Random allocation to:
1. Early facilitation group (EFG)
2. Delayed facilitation group (DFG)
EFG offered session > 2 weeks following screening; DFG standard waiting list.

## Intervention Type
Other

## Phase
Not Specified

## Primary outcome measure
Clinical Outcomes in Routine Evaluation-Outcome Measure (CORE-OM)

### Secondary outcome measures
Not provided at time of registration

### Overall study start date
01/02/2006

### Completion date
01/09/2007

## Eligibility

### Key inclusion criteria
1. 2 groups of service users within Primary Care and Liaison Treatment Team (PLATT) team
2. Patients screened by a primary care mental health team who have mild to moderate anxiety and depression problems

### Participant type(s)
Patient

### Age group
Not Specified

### Sex
Not Specified

### Target number of participants
205

### Key exclusion criteria
1. Patients with severe depression
2. Personality disorders
3. Severe substance misuse and psychosis

### Date of first enrolment
01/02/2006

### Date of final enrolment
01/09/2007

## Locations

### Countries of recruitment
England

United Kingdom

### Study participating centre

**Adult Psychological Therapies Services**
Wakefield
United Kingdom
WF1 3SP

# Sponsor information

**Organisation**
Record Provided by the NHSTCT Register - 2007 Update - Department of Health

**Sponsor details**
The Department of Health, Richmond House, 79 Whitehall
London
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dhmail@doh.gsi.org.uk

**Sponsor type**
Government

**Website**
http://www.dh.gov.uk/Home/fs/en

# Funder(s)

**Funder type**
Government

**Funder Name**
South West Yorkshire Mental Health NHS Trust (UK), NHS R&D Support Funding

# Results and Publications

**Publication and dissemination plan**
Not provided at time of registration

**Intention to publish date**

**Individual participant data (IPD) sharing plan**

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/09/2011 | | Yes | No |