

# Testing the effectiveness of an intervention designed to reduce burn-out and improve wellbeing in healthcare professionals

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<b>Registration date</b> 14/04/2020	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 30/01/2024	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Occupational burnout refers to a state of job-related emotional exhaustion, depersonalisation and reduced personal accomplishment. Burnout has a negative impact on well-being and physical health. Burnout is also associated with poorer job performance and increased time off work. Burnout in the UK National Health Service (NHS) is a system-wide problem with Public Health England estimating the cost of staff absence due to poor health at £2.4 billion per year. The NHS depends on having a healthy and productive workforce to deliver high-quality patient care and the NHS Long Term Plan acknowledges the need to “support improved health and wellbeing of staff and management of sickness absence”. Interventions that help to remediate occupational burnout and to improve healthcare workers’ wellbeing are greatly needed. This study aims to assess if access to a group-based intervention based on the Chimp Paradox Model (CPM) may lead to changes in occupational burnout and well-being in healthcare professionals. This will be the first experimental test of this intervention in the NHS. The Chimp Paradox model (CPM) is a “mind management” approach developed by Prof. Steve Peters, a Consultant Psychiatrist. The model is based on developments in neuroscience. It offers practical strategies and skills for the individual to learn how to, gain insight into how their mind is working; understand and recognise their thoughts, behaviours and emotions; and better manage themselves to become the person they would like to be.

### Who can participate?

Registered Nurses aged 18 and over, working in the community, who are employed by Rotherham Doncaster and South Humber NHS Foundation Trust.

### What does the study involve?

Consenting participants will be randomly assigned to two groups: 1 and 2. If participants are randomly assigned to group 1, they will access an 8-week series of workshops based upon the Chimp Paradox model starting in March. If they are randomly assigned to group 2, they will wait 8 weeks and then access the workshops after group 1 finish their sessions. The workshops completed by both groups will be the same, so everybody will receive the same intervention. Participants will be asked to complete a series of outcome measures (questionnaires) to assess

burnout and wellbeing at different time points throughout the study to assess whether the intervention makes any difference to staff well-being and sickness absence levels. The first questionnaire on occupational and personal wellbeing will be completed at the start of the study. This will then be repeated at three further timepoints (8 weeks, 16 weeks, and 40 weeks later). They will also be asked to report the number of sickness and absence days for the 6 month period before the study and for the period of time enrolled in the study.

What are the possible benefits and risks of participating?

Although benefit for individuals cannot be guaranteed, it is hypothesised that taking part in the psychological intervention will reduce occupational burnout levels in a group of nurses. Given the psychoeducational nature of the CPM intervention, the researchers do not envisage any potential for significant distress or adverse events. In the event that a participant is distressed for any reason, they will be provided information about usual sources of psychological and or occupational health support available to employees in RDASH NHS Trust.

Where is the study run from?

1. Rotherham Doncaster and South Humber NHS Foundation Trust (UK)
2. University of Sheffield (UK)

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

October 2019 to January 2021

Who is funding the study?

1. Chimp Management Ltd (UK)
2. Rotherham Doncaster and South Humber NHS Foundation Trust (UK)

Who is the main contact?

Prof. Michael Barkham

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## Contact information

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

Nil known

**Integrated Research Application System (IRAS)**

268429

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

Version 4.1, IRAS 268429

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

Pragmatic randomised controlled trial of an intervention to reduce burn-out and improve wellbeing in healthcare professionals

**Acronym**

CHIMP Paradox Model Trial (CPM)

**Study objectives**

This study aims to assess if access to a group-based intervention based on the Chimp Paradox Model (CPM) may lead to changes in occupational burnout and well-being in healthcare professionals. This will be the first experimental test of this intervention in the NHS.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 21/01/2020, NHS Research Ethics Committee (REC) (c/o Public Health Wales, Building 1, Jobswell Road, St David's Park, SA31 3HB, UK; +44 (0)1267 61 1164; sue.byng@wales.nhs.uk), REC ref: 20/WA/0029

## **Study design**

Single-centre pragmatic stepped-wedge randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Occupational burnout

## **Interventions**

The study will include registered nurses working in community-based services across all four care groups in the Rotherham Doncaster and South Humber NHS Foundation Trust. Consenting participants will be randomly allocated to an immediate intervention group (group 1), or a waitlist control (delayed intervention) group (group 2). Allocation will be carried out by the research team, using randomisation software to apply a 1:1 randomization schedule, and will be communicated directly to study participants via email. Participants in group 1 will first undergo an 8-week, group-based, psychoeducational intervention based on the CPM. Following the completion of this intervention, group 2 will undergo the same intervention.

The planned intervention is the delivery of a standardised series of group-based workshops amongst a cohort of NHS nurses that consent to participate. The workshops will provide these study participants with an understanding of the Chimp Paradox Model (CPM) and help facilitate them in acquiring the skills required to apply the model to themselves in their world. All groups will be delivered at a meeting room based in the NHS to minimise travel time for participants.

The workshop series will consist of eight, 90-minute interactive sessions, one week apart. Each standardised workshop will be delivered and facilitated by a member of the Chimp Management team. Each workshop will be structured and delivered using a standardised presentation describing the principles of the model within that session. At specified stages of the presentation, participants will be encouraged to engage in facilitated small group discussions consisting of 6-8 people per table.

In addition to attendance at the workshops, study participants will all be given a copy of The Chimp Paradox book as a reference source. They will be requested to read particular chapters between the sessions and asked to spend some time contemplating key areas covered that week. This is to allow for continuous learning; specifically, the development of insight, acquisition of skills and application of these skills to themselves. Sessions 1-4 will introduce the basic principles of the CPM and sessions 5-8 will cover: communication, success, happiness and leadership.

At different timepoints (weeks 0, 8, 16, 40), outcome measures will be conducted via Qualtrics. This will automatically send email reminders regarding the completion of the outcome measures.

Analysis on the trial data will be based on comparing mean outcome measures between groups at week 8 using analysis of covariance (ANCOVA), controlling for baseline severity. The researchers will also carry out an exploratory analysis of sickness absence, this within-group comparison will be carried out using a paired-samples t-test (or an appropriate non-parametric test depending on the distribution of the data).

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Occupational burnout measured using the Oldenburg Burnout Inventory (OLBI) at baseline, 8 weeks, 16 weeks, and 6 months' follow-up

### **Key secondary outcome(s)**

1. Eudaimonic and hedonic mental wellbeing measured using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) at baseline (week 0), week 8, week 16 and week 40 (after 6 months)
2. Sickness absence days taken, self-reported via online survey during the active study and observation period at week 8, 16 and 6 months
3. Intervention completion/dropout rates: attendance measured using a register for each session and calculated at week 8 and week 16 for groups 1 and 2, respectively. If the participants do not complete all of the measures (point 1) they will also be classed as a dropout, so this will be measured at these points

### **Completion date**

21/01/2021

## **Eligibility**

### **Key inclusion criteria**

1. The study participants will be nursing staff currently working in Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH), either full-time or part-time
2. All participants will be RDaSH employees and hold an active professional registration with the Nursing and Midwifery Council (NMC)
3. Aged 18+

### **Participant type(s)**

Health professional

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

All

**Total final enrolment**

198

**Key exclusion criteria**

1. Currently accessing or referred to any concurrent psychological intervention delivered by a professional
2. Nurses that are currently not in active service at the time of recruitment (e.g., on sick leave, maternity leave or suspended for any reason)

**Date of first enrolment**

03/02/2020

**Date of final enrolment**

28/02/2020

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

United Kingdom

England

**Study participating centre**

**Rotherham Doncaster and South Humber (RDaSH) NHS Foundation Trust**

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**Sponsor information****Organisation**

Rotherham Doncaster and South Humber NHS Foundation Trust

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

Industry

## Funder Name

Chimp Management Ltd

# Results and Publications

## Individual participant data (IPD) sharing plan

Participant level data will not be publicly available, in accordance with NHS ethical and governance approvals. A fully anonymised dataset will be available for future analyses, after the primary research manuscript has been published in a scientific journal. Data access requests are to be addressed to the chief investigator in writing, and access will be subject to obtaining ethical approval and pre-registration of intended analyses.

## IPD sharing plan summary

Not expected to be made available

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		16/03/2023	30/01/2024	Yes	No
<a href="#">HRA research summary</a>			26/07/2023	No	No
<a href="#">Protocol file</a>	version v6	18/03/2020	16/04/2020	No	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes