

# An analysis of 1+2+1 interventions (a brief therapy model) and its applications to a community mental health team (CMHT) setting

<b>Submission date</b> 23/01/2004	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/01/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 24/10/2019	<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

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Mr Neville Row

### Contact details

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Bridge House  
Bailey Hills Road  
Bingley  
United Kingdom  
BD16 2RJ

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

RMH37

# Study information

## Scientific Title

An analysis of 1+2+1 interventions (a brief therapy model) and its applications to a community mental health team (CMHT) setting

## Study objectives

The objective is to test the hypothesis 'There is no significant difference in outcomes between limited interventions (i.e. 1+2+1) and non-limited interventions approaches to a specific team'. We are assessing a model of care and service delivery for suitability in treating people with stress /specific problem related issues. This is in order to safely decrease input/resources for individuals whose difficulties are less severe than those with enduring mental illness. At point of referral clients for whom the approach may be suitable are identified. They will be assessed at first appointment and if suitability is confirmed they will be randomly allocated to either a study group or a control group. The amount of care input into the control group would be variable with a traditional 'open-ended' number of sessions whilst input into the study group would be limited to three further sessions. Assessments would be made on both groups and the results compared.

## 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)

Not specified

## Study type(s)

Not Specified

## Participant information sheet

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

Mental and behavioural disorders: depression, anxiety, neuroses

## Interventions

1. Limited intervention
2. Non-limited intervention

## Intervention Type

Other

**Phase**

Not Applicable

**Primary outcome measure**

Not provided at time of registration

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

10/01/1995

**Completion date**

30/09/1997

## Eligibility

**Key inclusion criteria**

Not provided at time of registration

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

Not provided at time of registration

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

10/01/1995

**Date of final enrolment**

30/09/1997

## Locations

**Countries of recruitment**

England

United Kingdom

**Study participating centre**  
**Airedale NHS Trust**  
Bingley  
United Kingdom  
BD16 2RJ

## **Sponsor information**

### **Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

### **Sponsor details**

The Department of Health  
Richmond House  
79 Whitehall  
London  
United Kingdom  
SW1A 2NL  
+44 (0)20 7307 2622  
dhmail@doh.gsi.org.uk

### **Sponsor type**

Government

### **Website**

<http://www.doh.gov.uk>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

NHS Executive Northern and Yorkshire (UK)

## **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