

# 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

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## Additional identifiers

**Protocol serial number**  
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

**Study type(s)**

Not Specified

**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(s)**

Not provided at time of registration

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

30/09/1997

# Eligibility

## Key inclusion criteria

Not provided at time of registration

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Not Specified

## Sex

Not Specified

## 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

United Kingdom

England

## Study participating centre

**Airedale NHS Trust**

Bingley

United Kingdom

BD16 2RJ

# Sponsor information

## Organisation

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

# Funder(s)

## Funder type

Government

## Funder Name

NHS Executive Northern and Yorkshire (UK)

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration