

# Interactive group art therapy as an adjunctive treatment for people with schizophrenia

<b>Submission date</b> 05/06/2006	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 10/07/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 12/07/2016	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Schizophrenia is a severe mental illness that causes considerable distress and can damage other aspects of a person's life. People with schizophrenia often find it difficult to express themselves and their social functioning (their ability to look after themselves and get on with others) may also suffer. While medication can help to reduce these problems, many people continue to experience symptoms despite taking regular medication. Art therapy is a form of psychotherapy that may be particularly helpful for people who find it difficult to express themselves verbally. It is usually delivered in groups of up to eight people held weekly over a period of several months or years. Recent research has shown that group art therapy may improve the mental health of people with schizophrenia but studies have been too small to be sure whether it really makes a difference compared to other groups that are often used as part of the care that services usually provide. We would therefore like to carry out a larger study in which we examine the mental health, social functioning, and cost-effectiveness of art therapy for people with schizophrenia.

### Who can participate?

Patients aged over 18 with schizophrenia

### What does the study involve?

Participants are randomly allocated to receive either usual care, usual care plus a place in a weekly activity group, or usual care plus weekly group art therapy. Those allocated a place in the activity group or usual care are offered art therapy at the end of the study.

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

This study will help us learn more about the forms of psychological intervention that help people with this important condition.

### Where is the study run from?

University College London (UK)

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

November 2006 to October 2010

Who is funding the study?  
Health Technology Assessment Programme (UK)

Who is the main contact?  
Dr Helen Killaspy  
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## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Helen Killaspy

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
HTA 04/39/04

## Study information

**Scientific Title**  
Interactive group art therapy as an adjunctive treatment for people with schizophrenia

**Acronym**  
MATISSE

**Study objectives**  
1. Among people with schizophrenia, adjunctive interactive group art therapy is associated with improved global functioning at 24 months compared to attention control treatment or standard care alone.  
2. In the treatment of people with schizophrenia in secondary care settings, adjunctive

interactive group art therapy is more cost-effective than attention control treatment or standard care alone.

More details can be found at: <http://www.nets.nihr.ac.uk/projects/hta/043904>

Protocol can be found at: [http://www.nets.nihr.ac.uk/\\_\\_data/assets/pdf\\_file/0017/51092/PRO-04-39-04.pdf](http://www.nets.nihr.ac.uk/__data/assets/pdf_file/0017/51092/PRO-04-39-04.pdf)

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Cambridgeshire 1 Research Ethics Committee (formerly Huntingdon Research Ethics Committee), 08/09/2006, ref: 06/Q0104/82

### **Study design**

Three-arm parallel non-blinded randomised controlled trial

### **Primary study design**

Interventional

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Other

### **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**

Schizophrenia

### **Interventions**

The trial has three arms. As well as the intervention group (group art therapy) there are two other arms: attention control and treatment as usual. The attention control includes activity groups which will function in terms of structure, number of facilitators and number of participants in a similar manner to the group art therapy i.e. they will run weekly for 90 minutes with eight members and two facilitators. They will involve any activity with the exception of anything that uses art or art materials e.g. outings, current affairs discussion, newspaper groups, games etc. The treatment-as-usual arm will have no specific intervention.

### **Intervention Type**

Behavioural

### **Primary outcome measure**

Global functioning assessed using the Global Assessment of Functioning Scale

**Secondary outcome measures**

1. Symptoms assessed using the Positive and Negative Syndrome Scale
2. Medication concordance will be assessed using the Morisky Scale
3. Quality of life will be assessed using Euroqol EQ-5D
4. Service costs will be assessed using the Client Service Receipt Inventory
5. Social function using the Social Function Schedule
6. Wellbeing will be assessed using the Psychological General Well Being Index
7. Satisfaction with services will be assessed using the Client Satisfaction Questionnaire
8. Engagement with services will be assessed using the Service Engagement Scale
9. Occupational and housing status
10. Adverse events

**Overall study start date**

01/11/2006

**Completion date**

31/10/2010

**Eligibility****Key inclusion criteria**

All those treated by secondary mental health services in the four study centres who are aged over 18 years and have a clinical diagnosis of schizophrenia, confirmed by an examination of case notes using operationalised criteria (OPCRIT), will be eligible to take part in the study

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

376

**Key exclusion criteria**

1. Patients who are unwilling to provide written informed consent
2. Patients who speak insufficient English and are not able to complete baseline assessment
3. Have severe cognitive impairment
4. Are already receiving art therapy or any other art therapies (music therapy, drama therapy, or dance/ movement therapy)

**Date of first enrolment**

01/11/2006

**Date of final enrolment**

31/10/2010

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**University College London**

London

United Kingdom

NW3 2PF

## **Sponsor information**

**Organisation**

Imperial College London (UK)

**Sponsor details**

South Kensington Campus

London

United Kingdom

SW7 2AZ

**Sponsor type**

Government

**Website**

<http://www3.imperial.ac.uk/>

**ROR**

<https://ror.org/041kmwe10>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Health Technology Assessment Programme

**Alternative Name(s)**

NIHR Health Technology Assessment Programme, HTA

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

## 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?
<a href="#">Protocol article</a>	protocol	27/08/2010		Yes	No
<a href="#">Results article</a>	results	28/02/2012		Yes	No
<a href="#">Results article</a>	results	01/08/2012		Yes	No