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

Submission date	Recruitment status	[X] Prospectively registered
05/06/2006	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
10/07/2006	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
12/07/2016	Mental and Behavioural Disorders	

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 talking 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
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Additional identifiers

Protocol serial number
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

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

Study type(s)
Treatment

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(s)
Global functioning assessed using the Global Assessment of Functioning Scale

Key secondary outcome(s))
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

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

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

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
United Kingdom

England

Study participating centre
University College London
London
United Kingdom
NW3 2PF

Sponsor information

Organisation
Imperial College London (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, Health Technology Assessment (HTA), HTA

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	28/02/2012		Yes	No
Results article	results	01/08/2012		Yes	No
Protocol article	protocol	27/08/2010		Yes	No