

# Recovery ... you do that yourself: a randomised controlled trial for assessing the effects of a consumer-run course on the recovery of persons with serious mental illnesses

<b>Submission date</b> 28/12/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/12/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 14/01/2021	<b>Condition category</b> Nervous System Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Study website

<http://www.kenniscentrum-ze.nl>

## Contact information

### Type(s)

Scientific

### Contact name

Dr H van Gestel

### Contact details

Kenniscentrum Zelfhulp & Ervaringsdeskundigheid  
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## Additional identifiers

EudraCT/CTIS number

IRAS number

**ClinicalTrials.gov number**

**Secondary identifying numbers**

NL760, NTR771

## **Study information**

### **Scientific Title**

Recovery ... you do that yourself: a randomised controlled trial for assessing the effects of a consumer-run course on the recovery of persons with serious mental illnesses

### **Acronym**

HDJZ

### **Study objectives**

Persons with serious mental illnesses who participated in the consumer-run course show higher scores on subjective measures of recovery after three and six months than waiting-list controls.

### **Ethics approval required**

Old ethics approval format

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

Approval recieved from the local ethics committee (Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg, kamer Zuid) on the 18th of April 2006 (ref: 06.022).

### **Study design**

Randomised, controlled, parallel group, multicentre trial

### **Primary study design**

Interventional

### **Secondary study design**

Randomised controlled trial

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

Not specified

### **Study type(s)**

Quality of life

### **Participant information sheet**

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

Mental health problems

### **Interventions**

1. Experimental group: participate in course on mental health recovery, 12 weekly meetings and one follow-up meeting.
2. Waiting-list control group: will enter the next course (six months after having been randomised).

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Mental health recovery measured by questionnaires on:

1. Empowerment
2. Hope
3. Self-confidence
4. Coping
5. Quality of life
6. Social support
7. Goal-setting skills

**Secondary outcome measures**

1. Care consumption
2. Health status

**Overall study start date**

26/09/2006

**Completion date**

01/10/2008

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

Persons recovering from serious mental illnesses

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

300

**Total final enrolment**

333

**Key exclusion criteria**

1. Acute psychosis
2. Intoxication with alcohol or drugs
3. Cognitive and/or social handicaps

**Date of first enrolment**

26/09/2006

**Date of final enrolment**

01/10/2008

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Kenniscentrum Zelfhulp & Ervaringsdeskundigheid**

Tilburg

Netherlands

5038 BA

## **Sponsor information**

**Organisation**

The Knowledge Centre of Self-help and 'hands-on' expertise (Kenniscentrum Zelfhulp & Ervaringsdeskundigheid) (The Netherlands)

**Sponsor details**

Willem II straat 23

Tilburg

Netherlands

5038 BA

**Sponsor type**

Research organisation

**Website**

<http://www.kenniscentrum-ze.nl/kze/>

## **Funder(s)**

**Funder type**

Research organisation

**Funder Name**

Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

**Alternative Name(s)**

Netherlands Organisation for Health Research and Development

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Netherlands

## 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="#">Results article</a>	results	01/01/2012	14/01/2021	Yes	No