# Evaluation of cognitive behavioural interventions in reducing suicide potential of clients referred to a Rapid Response Team within a community mental health team

Submission date	Recruitment status	Prospectively registered
23/01/2004	No longer recruiting	Protocol
Registration date	Overall study status	Statistical analysis plan
23/01/2004	Completed	☐ Results
Last Edited	Condition category	Individual participant data
24/10/2019	Mental and Behavioural Disorders	Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

## Type(s)

Scientific

#### Contact name

Ms Sarah Kelly

#### Contact details

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## Additional identifiers

Protocol serial number F1004

# Study information

#### Scientific Title

Evaluation of cognitive behavioural interventions in reducing suicide potential of clients referred to a Rapid Response Team within a community mental health team

#### **Study objectives**

The purpose of the project is to undertake a randomised clinical trial in order to:

- 1. Compare the use of cognitive-behavioural techniques in reducing suicidal potential, and acute symptoms of anxiety and depression in clients referred to the Rapid Response Team in the North Hull catchment area: after five sessions and after a 3-month period.
- 2. Evaluate current interventions already used within the Rapid Response Team in reducing suicidal potential and acute symptoms of anxiety and depression: after five sessions and a 3-month period.

Reduction of suicide rate has been identified as a key issue for the Health Service to address (Health of the Nation 1993). House et al. (1992) describes a three-part strategy for future interventions to reduce the suicide rate: assessment of need: identification of effective interventions; and the development of specific deliberate self-harm services. There is a large body of research which has sought to identify factors which increase an individual's suicide potential, and this research offers a general picture of individuals who are potentially at risk. Mental illness has been indicated as one of the risk factors for suicide in a number of studies (Goldacre et al., 1993), as has previous suicide attempts (Nordentoft et al., 1993). This would suggest that those referred to mental health services because of mental illness and/or a recent suicide attempt are more vulnerable to suicide. Whilst some of the studies identifying risk factors have used the results to suggest possible areas of intervention, the studies have not been able to evaluate the outcomes of the interventions suggested. There is a much smaller body of research which has been aimed at evaluating the effectiveness of clinical practice in reducing suicide. Hawton et al. (1987) undertook a clinical trial using brief problem-orientated counselling, whilst Salkovskis et al. (1990) used problem-solving therapy in a clinical trial: both indicate a reduction in repetition of attempted suicide and an improvement in Beck Depression Inventory scores. One of the essential elements for the future development of Mental Health Services which reduce suicide rates will be further research identifying clinical interventions which reduce suicide potential effectively. This study is specifically aimed at nursing interventions, and will compare the use of brief cognitive-behavioural interventions in reducing suicide potential.

## 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

#### **Interventions**

Not provided at time of registration

#### 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

24/09/1996

# **Eligibility**

## Key inclusion criteria

Patients with suicidal tendencies

## 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

25/09/1995

#### Date of final enrolment

24/09/1996

## **Locations**

Countries of recruitment

**United Kingdom** 

England

Study participating centre University of Hull Hull United Kingdom HU6 7RX

# 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