

RESTORE: Research evaluating staff training online for resilience

Submission date 19/08/2025	Recruitment status Recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 24/09/2025	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 24/09/2025	Condition category Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Hospice staff working in palliative care often face high levels of stress and emotional strain. However, there's a lack of proven psychological support to help them cope. In 2021, a small pilot study tested an online training programme called RESTORE (Research Evaluating Staff Training Online for Resilience), based on Acceptance and Commitment Training (ACT). The results were promising, but more research is needed. This new study will test whether RESTORE really helps improve staff wellbeing compared to the usual support available in hospices.

Who can participate?

Staff working in hospices that agree to take part in the study can join. They'll need to discuss participation with their line manager to make sure it fits around their work schedule.

What does the study involve?

Hospices will be randomly assigned to either receive the RESTORE training or continue with their usual wellbeing support.

Participants in the RESTORE group will:

- Attend four live online workshops (each about 1.5 hours)
- Spend around 8–10 hours over eight weeks doing self-guided learning using videos, audio, and workbook exercises

Participants in the control group will continue using their usual wellbeing resources (like webinars and self-help tools) and will be offered RESTORE training later.

All participants will complete online questionnaires at four points: before the study starts, and then 8, 12, and 24 weeks later. Some may also be invited to take part in an interview to share their experience.

What are the possible benefits and risks of participating?

Taking part may be enjoyable and helpful, and could improve wellbeing. The information gathered will help improve future support for hospice staff.

There are no expected risks, but participants will need to make time for the training and questionnaires. If anyone feels more stressed during the study, a trial therapist will be available to offer guidance and suggest further support.

Where is the study run from?
Edinburgh Clinical Trials Unit (UK)

When is the study starting and how long is it expected to run for?
February 2025 to February 2028.

Who is funding the study?
The study is funded by the National Institute for Health and Care Research – Efficacy and Mechanism Evaluation programme (UK)

Who is the main contact?
RESTORE.trial@ed.ac.uk

Contact information

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Public

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

Integrated Research Application System (IRAS)

360616

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

CPMS 69383

Study information

Scientific Title

A cluster randomised controlled trial of online Acceptance and Commitment Training (ACT) to improve mental wellbeing in staff caring for terminally ill people and their caregivers

Acronym

RESTORE

Study objectives

The primary objective is to evaluate the efficacy of RESTORE plus usual support for staff mental wellbeing in comparison to usual support alone at week 24 (12 weeks post-intervention completion).

The secondary objectives are to evaluate the efficacy of RESTORE plus usual support, in

comparison to usual support alone in improving staff burnout, depression, anxiety and stress; and reducing intention to leave at week 24 (12 weeks post-intervention completion).

Ethics approval required

Ethics approval required

Ethics approval(s)

approved 31/07/2025, School of Health in Social Science (The University of Edinburgh, Medical School, Doorway 6, Teviot Place, Edinburgh, EH89AG, United Kingdom; +44 131 651 3969; ethics.hiss@ed.ac.uk), ref: 24-25CLPS140

Study design

Multicenter cluster randomized controlled trial

Primary study design

Interventional

Study type(s)

Other, Quality of life

Health condition(s) or problem(s) studied

Mental wellbeing in staff working in hospices

Interventions

Hospices will be randomised to either intervention or control. Randomisation allocation will not be undertaken until sites and participants are enrolled and baseline assessments have been completed; only then will the site be randomised by the trial management team. No participants can be enrolled after the site has been randomised.

Participants in the intervention arm will attend four live online workshops (approx. 1.5 hours each) and will commit approximately eight to ten hours of engagement over eight weeks, of self-directed learning and skills practice using video, audio, and workbook exercises.

Participants will be reminded by email about routinely available wellbeing support resources available to them through their organisation. These resources typically include information and education in the form of free self-care webinars, self-help and online mental health tools.

Participants in the control arm will be offered the RESTORE training at a later date.

Participants will complete online questionnaires at the following timepoints:

- Baseline,
- 8 weeks) after baseline
- 12 weeks after baseline
- 24 weeks after baseline

Intervention Type

Behavioural

Primary outcome(s)

Mental wellbeing will be measured using the Warwick Edinburgh Mental Wellbeing scale at recruitment, 8 weeks, 12 weeks and 24 weeks

Key secondary outcome(s)

1. Burnout will be measured using the Burnout Assessment Tool – Short Form at recruitment, 8 weeks, 12 weeks and 24 weeks
2. Depression, anxiety and stress will be measured using the Depression, anxiety and stress scale at recruitment, 8 weeks, 12 weeks and 24 weeks
3. Thoughts about leaving – past 3 months will be measured by a single item question at recruitment and 24 weeks
4. Intention to leave – future will be measured by a Four item scale at recruitment and 24 weeks
5. Psychological flexibility – healthcare professional will be measured by Mindful Healthcare Scale at recruitment, 8 weeks, 12 weeks and 24 weeks
6. Psychological flexibility – general will be measured by Psy-Flex at recruitment, 8 weeks, 12 weeks and 24 weeks
7. Occupational stress will be measured by Occupational Stress Scale for Palliative Care at recruitment and week 24
8. Stress prone thinking style will be measured by Anxious Thoughts and Tendencies Scale at recruitment, 8 weeks, 12 weeks and 24 weeks
9. Wellbeing resource engagement will be measured by Wellbeing resource engagement questionnaire at 8 weeks, 12 weeks and 24 weeks

Completion date

29/02/2028

Eligibility

Key inclusion criteria

1. Doctors
2. Nurses
3. Health Care Assistants
4. Social workers and members of the social work team
5. Allied health professionals
6. Staff offering community-based palliative care (e.g. community palliative care clinical nurse specialists; and health care assistants providing overnight end-of-life home care)

Participant type(s)

Health professional, Employee

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

100 years

Sex

All

Key exclusion criteria

1. Staff currently in receipt of any psychological therapy intervention (either in work or outside of work).
2. Staff who have completed a psychological therapy intervention within the last three months. If potential participants have received psychological therapy intervention, but this ended over three months prior to enrolment, they will be eligible to enrol in RESTORE

Date of first enrolment

01/10/2025

Date of final enrolment

31/05/2026

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Sue Ryder

Leckhampton Court Hospice
Church Road
Cheltenham
United Kingdom
GL53 0QJ

Study participating centre

Compton Palliative Care Team

Compton Hospice Ltd, Compton Hall
4 Compton Road West
Wolverhampton
United Kingdom
WV3 9DH

Study participating centre

Countess Mountbatten Hospice (botley Road)

Botley Road
West End
Southampton
United Kingdom
SO30 3JB

Study participating centre
Douglas Macmillan Hospice
Barlaston Road
Blurton
Stoke-on-trent
United Kingdom
ST3 3NZ

Study participating centre
Francis House Childrens Hospice
390 Parrswood Road
Didsbury
M20 5NA
Didsbury
United Kingdom
M20 5NA

Study participating centre
Hospiscare
Searle House
Dryden Road
Exeter
United Kingdom
EX2 5JJ

Study participating centre
Rowans Hospice
Purbrook Heath Road
Purbrook
Waterlooville
United Kingdom
PO7 5RU

Study participating centre
Weston Hospicecare
Jackson Barstow House
28 Thornbury Road
Uphill
Weston-super-mare
United Kingdom
BS23 4YQ

Study participating centre

The Myton Hospices

Clifford Bridge Road

Coventry

Coventry

United Kingdom

CV2 2HJ

Study participating centre

Dorothy House Hospice

Dorothy House Hospice Care

Winsley

Bradford-on-avon

United Kingdom

BA15 2LE

Study participating centre

Katharine House Hospice

Weston Road

Stafford

United Kingdom

ST16 3SB

Study participating centre

St Anns Hospice

St. Anns Road North

Heald Green

Cheadle

United Kingdom

SK8 3SZ

Study participating centre

Bolton Hospice

Queens Park Street

Off Chorley New Road

Bolton

United Kingdom

BL1 4QT

Study participating centre

Tapping House

Wheatfields
Hillington
King's Lynn
United Kingdom
PE31 6BH

Study participating centre

East Cheshire Hospice

Millbank Drive
Macclesfield
United Kingdom
SK10 3DR

Study participating centre

St Catherine's Hospice

St Catherine's Park
Lostock Lane, Lostock Hall
Preston
United Kingdom
PR5 5XU

Study participating centre

Rainbows Hospice

Lark Rise
Loughborough
United Kingdom
LE11 2HS

Study participating centre

Beaumont House Hospice Care

32 London Road
Newark
United Kingdom
NG24 1TW

Study participating centre

Springhill Hospice

Broad Lane
Rochdale

United Kingdom
OL16 4PZ

Study participating centre
St Catherine's Hospice
Grace Holland Avenue
Pease Pottage
Crawley
United Kingdom
RH11 9SL

Sponsor information

Organisation
University of Edinburgh

ROR
<https://ror.org/01nrxf90>

Funder(s)

Funder type
Government

Funder Name
National Institute for Health and Care Research

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The de-identified dataset will be retained at the end of the trial, for a minimum of the proscribed retention period. During this time it will be available for sharing, post initial results /publication embargo. All requests for data will have to be approved by the Edinburgh Clinical Trail Unit's data sharing committee who will check appropriateness of requests.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	version 1.0	17/07/2025	20/08/2025	No	Yes