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RESTORE: Research evaluating staff training online for resilience

Submission date 19/08/2025	**Recruitment status** Not yet recruiting	[X] Prospectively registered [_] Protocol
Registration date 24/09/2025	**Overall study status** Ongoing	[_] Statistical analysis plan [_] Results
Last Edited 24/09/2025	**Condition category** Other	[_] Individual participant data [X] 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

Type(s)
Public

Contact name
Ms Alix Macdonald

ORCID ID
https://orcid.org/0009-0004-5130-9582

Contact details
Usher Building
5 Little France Rd
Edinburgh
United Kingdom
EH16 4UX
+44 131 651 9928
restore.trial@ed.ac.uk

Type(s)
Scientific, Principal Investigator

Contact name
Dr David Gillanders

ORCID ID
https://orcid.org/0000-0003-4071-4211

Contact details
University of Edinburgh
School of Health in Social Science
Elsie Inglis Quad
Teviot Place
Edinburgh
United Kingdom
EH8 9AG

+44 131 651 3946
david.gillanders@ed.ac.uk

Type(s)
Scientific, Principal Investigator

Contact name
Dr Anne Finucane

ORCID ID
https://orcid.org/0000-0002-3056-059X

Contact details
University of Edinburgh
Doorway 6, Medical School
Teviot Place
Edinburgh
United Kingdom
EH8 9AG
+44 131 651 3946
a.finucane@ed.ac.uk

Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number
360616

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
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

Secondary study design
Cluster randomised trial

Study setting(s)
Hospice

Study type(s)
Other, Quality of life

Participant information sheet
See study outputs table

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

Secondary outcome measures
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

Overall study start date
01/02/2025

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

Age group

Adult

Lower age limit
18 Years

Upper age limit
100 Years

Sex
Both

Target number of participants
300

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
England

United Kingdom

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
Beaumond 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

Sponsor details
College of Arts, Humanities and Social Sciences
57 George Square
Edinburgh
Scotland
United Kingdom
EH8 9JU
+44 131 650 3487
Matt.Erikson@ed.ac.uk

Sponsor type
University/education

Website

https://www.ed.ac.uk

ROR
https://ror.org/01nrxwf90

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

Publication and dissemination plan
Planned publication in a peer-reviewed journal

Intention to publish date

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