

# Self-help Therapy and Recovery Trial: evaluation of a recovery guide for psychosis

<b>Submission date</b> 21/05/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 21/05/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 11/04/2017	<b>Condition category</b> Mental and Behavioural Disorders	<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

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
8246

## Study information

**Scientific Title**  
An evaluation of different levels of support in using a recovery guide for people with psychosis and the impact of choice on outcomes

## **Acronym**

STAR-T

## **Study objectives**

This study is a partially randomised patient preference trial. The aims of the study are to:

1. Evaluate the feasibility and acceptability of a recovery guide for psychosis when provided with either low or high support
2. To assess the relative impact of the guide in relation to low and high support and no treatment on psychotic symptoms, affect, well-being and functioning

Participants will be able to choose their preferred treatment option (treatment as usual [TAU], low support or high support) or elect to be randomised to a treatment option.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

North West 10 REC - Greater Manchester North, 09/02/2010, ref: 09/H1011/81

## **Study design**

Single centre randomised interventional treatment trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

Topic: Mental Health Research Network; Subtopic: Psychosis; Disease: Psychosis

## **Interventions**

Therapy will consist of (in addition to TAU) either:

1. Low support: this therapy will be delivered over 9 months and will consist of the following:
  - 1.1. Receive a copy of the Self Help Recovery Guide
  - 1.2. Weekly CBT telephone sessions
  - 1.3. Up to 5 telephone peer support sessions
2. High support: this will consist of all the components of low support. In addition, participants will receive group sessions.

Follow up length: 15 months

Study entry: registration only

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome(s)**

Process of Recovery Questionnaire (QPR), measured at baseline, 9 months and 15 months

**Key secondary outcome(s)**

Subjective Experiences of Psychotic Symptoms Scale (SEPS), measured at baseline, 9 months and 15 months

**Completion date**

01/09/2011

## **Eligibility**

**Key inclusion criteria**

1. Aged 18 - 65 years, either sex
2. In contact with mental health services
3. Meeting International Classification of Diseases, version 10 (ICD-10) criteria for non-affective psychosis (schizophrenia, schizophreniform disorder, schizo-affective disorder, delusional disorder)
4. At least one month of stabilisation if the person has experienced a symptom exacerbation in the last 6 months
5. Able to provide written informed consent
6. Able to read the Recovery Guide
7. Able to complete the assessments in English
8. Able to use the telephone

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Do not speak/read English
2. Experiencing an acute exacerbation of symptoms requiring inpatient or other changes to treatment

**Date of first enrolment**

10/03/2010

**Date of final enrolment**

01/09/2011

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

School of Psychological Sciences

Manchester

United Kingdom

M13 9PL

# Sponsor information

## Organisation

University of Manchester (UK)

## ROR

<https://ror.org/027m9bs27>

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research - Programme Grant for Applied Research (PGfAR) (ref: RP-PG-0606-1086)

## 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

### 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	01/09/2015		Yes	No