

# Integration of mental health in primary care in Kenya

<b>Submission date</b> 03/11/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 14/11/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/11/2013	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The study aims to measure whether a 40 hour mental health structured and standardised training course for front line health workers in Kenya can help them diagnose mental health problems better and facilitate the recovery of their clients over a three month follow up period.

### Who can participate?

Men and women aged over 16 are eligible to participate in the study. People with learning disabilities, dementia and life threatening illness are excluded.

### What does the study involve?

The study compares health workers and their clients from 50 health centres where staff have received the mental health training with health workers and their clients from 50 health centres where staff have not received the mental health training. All clients receive their normal care from the health workers; the study is not testing a specific drug.

### What are the possible benefits and risks of participating?

Participation in the study will enable researchers and health personnel to better understand the health needs of clients and the training needs of those who care for them. There are no personal rewards for participation but participants may benefit by understanding mental health care better.

### Where is the study run from?

The study is run from Great Lakes University Kisumu, University of Nairobi and Kings College London. There are 100 health centres involved in Nyanza province.

### When is the study starting and how long is it expected to run for?

The study is running between August 2010 and December 2011. Participants have already been recruited.

### Who is funding the study?

UK Department for International Development and the Nuffield Foundation.

Who is the main contact?  
Professor Rachel Jenkins, Kings College London

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Rachel Jenkins

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Assessment of the impact of a Kenya Medical training College delivered structured five day training programme on mental health core concepts, skills and competencies on mental health for primary care staff in Kenya

**Study objectives**  
The training programme will have an impact on:  
1. The competencies of primary care staff to recognise mental disorders and  
2. On recovery (improved health and social outcomes and quality of life of clients)

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
1. King's College London Ethics Committee approved on 5th October 2009, ref: PNM/08/09-113  
2. University of Nairobi Ethics Committee approved on 15th October 2009, ref: P53/02/2009  
3. Great Lakes University Kisumu Ethics Committee approved on 1st April 2010, ref: GERC/002/2010

**Study design**

Randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Screening

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

Mental health

## **Interventions**

100 primary care centres randomly allocated to intervention and control arms. The health workers' ability to diagnose and the clients' recovery was assessed

All patients attending this clinic will be asked to undergo a brief general health questionnaire which takes less than five minutes to complete. Twelve patients selected at random will then also be asked to complete a set of more detailed questionnaires. These will be completed twice, once now and once more in ten weeks time.

Training course for health workers. Intervention arm received 40 hours of training comprising 5 units, (1) core concepts, (2) core skills, (3) common neurological disorders (4) mental disorders, (5) policy, legislation, human rights, Health Management Information System (HMIS), community linkages, roles and responsibilities. Teaching structured into 30 minute modules, each containing a short lecture, discussion and a role play. Both arms were able to attend other health training courses as normal throughout the period of the study

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

Patient identification index measured 3 months post training

## **Key secondary outcome(s)**

1. Client recovery in terms of change on:

1.1. General health Questionnaire

1.2. World Health Organization Disability Assessment Schedule (WHODAS) and

1.3. EQ5D (Quality of Life)

Assessed by change between status at 3 months and status at 6 months after the training of the health workers

## **Completion date**

01/01/2012

## **Eligibility**

### **Key inclusion criteria**

Clinics: Is that they are publicly funded and on the Ministry of Health list of primary care centres.

Patients:

1. Is that they have attended the clinic on the research day
2. That they are over 16

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

All

### **Key exclusion criteria**

1. Dementia and learning disability of such severity as to be unable to complete the questionnaires
2. Life threatening illness
3. Don't speak the languages spoken by the researchers
4. Refusal to consent

### **Date of first enrolment**

01/08/2010

### **Date of final enrolment**

01/01/2012

## **Locations**

### **Countries of recruitment**

United Kingdom

England

Kenya

### **Study participating centre**

**Health Services Research Department**

London

United Kingdom

SE5 8AF

## **Sponsor information**

## Organisation

King's College London (UK)

## ROR

<https://ror.org/0220mzb33>

## Funder(s)

### Funder type

Government

### Funder Name

Nuffield Foundation and Department for International Development (UK)

## 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>	client results	23/01/2013		Yes	No
<a href="#">Results article</a>	health worker results	04/02/2013		Yes	No
<a href="#">Results article</a>	results	30/09/2013		Yes	No
<a href="#">Results article</a>	results	05/11/2013		Yes	No