

# Collaborative Caring Project: Working with Parents at treatment and secondary prevention of Eating Disorders

<b>Submission date</b> 04/10/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/06/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 28/10/2016	<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

**Contact name**  
Prof Janet Treasure

**Contact details**  
Department Academic Psychiatry  
5th Floor Thomas Guy House  
Guys Hospital  
London  
United Kingdom  
SE1 9RT  
+44 (0)207 188 0186  
j.treasure@iop.kcl.ac.uk

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

## Study information

### Scientific Title

Collaborative Caring Project: Working with Parents at treatment and secondary prevention of Eating Disorders

### Acronym

CCP: WP\_ED

### Study objectives

Aim: to test the efficacy and acceptability in a preliminary randomised controlled trial (RCT) of skills training workshops for carers

Hypothesis 1: the carers workshops reduce the level of difficulties and distress involved in caring for someone with an eating disorder

Hypothesis 2: if the carers reduce their distress, this improves the outcome in people with eating disorders (ED)

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved by Multicentre Ethics Research Committee, reference number: 238/04 / MREC N.:04 /Q0706/132

### Study design

Randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

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

Having a relative with an eating disorder

### Interventions

Design: the primary caregiver will be randomised to either:

1. Immediate workshop
2. Waiting list

Randomisation schedules will be generated independently by the Institute of Psychiatry (IoP) clinical trials unit. Blind assessments of outcome will be conducted at:

1. At the time of randomisation
2. At the end of treatment
3. After three months

Structure and contents of the workshops have been developed as a collaborative care intervention. This includes a carer manual with modules on: coping, medical risk, understanding change, communication, emotion processing, problem solving, interpersonal relationships, managing eating and other difficult behaviours, supplemented with skills-based workshops. The workshops teach practical skills such as key elements of motivational interviewing (MI) and cognitive behaviour therapy (CBT).

Procedure: potential participants from Eating Disorder Association (EDA) and South London and Maudsley NHS Trust (SLAM). Carers will be divided into 8 groups of 15 carers. There will be six fortnightly sessions spread over a period of three months. Each session will last for two hours.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome measure**

Carers:

1. General Health Questionnaire (GHQ-12; Goldberg et al, 1988)
2. Experience of Caregiving Inventory - Eating Disorder Version (ECI-EDV)

Patients:

1. Short Evaluation of Eating Disorder (SEED; Bauer et al., 2005)
2. Global Assessment Scale (adapted from Spitzer et al. 1986)

### **Secondary outcome measures**

Process measures:

Carers: expressed emotion, 5-minute speech sample (Mangana et al, 1986)

Acceptability measures: the attendance at workshops will be monitored.

Family satisfaction questionnaire will be used.

### **Overall study start date**

22/10/2004

### **Completion date**

31/12/2006

## **Eligibility**

### **Key inclusion criteria**

The participant must currently be caring for a relative with an eating disorder

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

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

A total of 120 carers divided into 8 groups of 15 carers

**Key exclusion criteria**

1. People who are not caring for a relative with an eating disorder
2. Non-English speakers

**Date of first enrolment**

22/10/2004

**Date of final enrolment**

31/12/2006

**Locations****Countries of recruitment**

England

United Kingdom

**Study participating centre**

Department Academic Psychiatry

London

United Kingdom

SE1 9RT

**Sponsor information****Organisation**

King's College London (UK)

**Sponsor details**

Institute of Psychiatry

De Crespigny Park

London

England

United Kingdom

SE5 8AF  
+44 (0)207 848 0675  
G.Dale@iop.kcl.ac.uk

**Sponsor type**  
University/education

**Website**  
<http://www.iop.kcl.ac.uk/>

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

## Funder(s)

**Funder type**  
University/education

**Funder Name**  
Institute of Psychiatry

## Results and Publications

**Publication and dissemination plan**  
Not provided at time of registration

**Intention to publish date**

**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	28/02/2015		Yes	No