

Secure care hospital evaluation of art therapy

Submission date 16/01/2023	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 18/01/2023	Overall study status Ongoing	<input checked="" type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 02/07/2025	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

In the past people who have a learning disability were often excluded from taking part in research. This means that knowing what works well for them is not always clear. Lots of psychotherapies available to help people with mental health difficulties are based on talking, which might not always be the best approach for people with learning disabilities/difficulties. Doing artwork or creative things within art psychotherapy can be a helpful way for people to communicate about themselves. Interpersonal art psychotherapy has been designed to help people with learning disabilities in secure care. The art psychotherapist encourages people to use creative ways to express the things they would like to feel better about. We want to find out if interpersonal art psychotherapy is helpful and value for money for people with learning difficulties who are in secure care. We will be testing if interpersonal art psychotherapy works better than the standard care that is being provided.

Who can participate?

Patients aged 18 to 60 years, with a Learning Disability Screening Questionnaire (LSDQ) score of 57 or below (indicating the presence of learning disability/borderline intellectual functioning /learning difficulty).

What does the study involve?

During the study a computer will decide which people in the research get art therapy straight away and which people wait a bit longer. All participants will be asked to complete some questionnaires about your mental and physical health. You will be asked questions at the start, after four months, and after nine months.

What are the possible benefits and risks of participating?

Art therapy may help participants to feel better. Participants will have to give up some of their free time to take part and Sometimes people can feel emotional during and after art therapy, but your art therapist or staff will help you with this

Where is the study run from?

Cumbria Northumberland Tyne and Wear NHS Foundation Trust (UK)

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

July 2022 to August 2025

Who is funding the study?
National Institute for Health and Care Research (NIHR) (UK).

Who is the main contact?
Paula Foscarini-Craggs, Schema@cardiff.ac.uk

Contact information

Type(s)
Scientific

Contact name
Dr Paula Foscarini-Craggs

Contact details
Centre for Trials Research
School of Medicine
College of Biomedical & Life Sciences
Cardiff University
4th Floor, Neuadd Meirionnydd
Heath Park
Cardiff
United Kingdom
CF14 4YS
+44 (0)29 206 87522
Schema@cardiff.ac.uk

Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number
319325

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
CPMS 54895, NIHR301264

Study information

Scientific Title
Secure Care Hospital Evaluation of Manualised (interpersonal) Art-psychotherapy: a randomised controlled trial

Acronym
SCHEMA

Study objectives

Is interpersonal art therapy effective at reducing the frequency and severity of aggressive behaviour in adult secure care?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 10/01/2023, London - City & East Research Ethics Committee (Level 3, Block B, Whitefriars, Lewins Mead, Bristol, BS1 2NT, UK; +44 207 1048134; cityandeast.rec@hra.nhs.uk), ref: 23/LO/0026

Study design

Interventional randomized controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

See study outputs table

Health condition(s) or problem(s) studied

Learning disorders

Interventions

Participants will be randomised on a one-to-one basis to receive either interpersonal art therapy or be placed on a wait list to receive interpersonal art therapy after they complete their trial participation. Randomisation will be stratified by diagnosis of psychosis and sex.

The interpersonal art therapy comprises 12 sessions with up to 3 additional sessions (a total of 15 possible sessions) which look at personal goals, coping and self-managed, life events and imagined futures. Therapy sessions will be audio recorded. The recordings will be analysed as part of the assessment of the therapeutic process. An assessment of the frequency and severity of aggressive behaviours will be completed weekly after the completion of therapy up to 38 weeks post-randomisation. During the trial, participants will complete two assessments of the quality of life, and a measure of distress associated with psychiatric symptoms at 19 and 38 weeks post-randomisation. At 19 weeks and 38 weeks post-randomisations, healthcare staff will complete proxy measures of the participant's quality of life, and healthcare resource use. After the 38 week follow-up has been completed, participants will be offered the opportunity to participate in the interpersonal art therapy.

A subset of participants will also be asked if they want to take part in an interview to assess their experiences of taking part in interpersonal art therapy. Interviews will last approximately 1 hour. Therapists will also be asked to take part in interviews to assess their experience of providing therapy and its implications for clinical practice.

Intervention Type

Behavioural

Primary outcome measure

Aggressive behaviour is measured using the Modified Overt Aggression Scale (MOAS) at week 19, weekly between week 19-38, and week 38

Secondary outcome measures

1. Health Economic analysis will be measured using the EQ5D, the Recovery Quality of Life Scale, and a resource use questionnaire, at baseline, week 19, and week 38
2. Patient distress attributed to psychiatric symptoms is measured using the brief symptom inventory and is measure at week 19 and week 38

Overall study start date

01/07/2022

Completion date

31/08/2025

Eligibility

Key inclusion criteria

Current inclusion criteria as of 28/02/2024:

1. An inpatient in an NHS secure hospital/unit/service with the presence of learning disability /borderline intellectual functioning indicated by either (a) meeting validated assessment criteria (recognised cognitive testing and adapting functioning assessment), or (b) a score of 57 or below on the Learning Disability Screening Questionnaire (LDSQ)
2. Age 18 to 60 years
3. Able to give informed consent
4. A HONOS (Health of the Nation Outcome Scale) score between 1 and 4 for item 1 (Overactive, aggressive, disruptive, or agitated behaviour / Behavioural problems directed at others)
5. The participants' involvement in the study is supported by their responsible clinician and/or multidisciplinary team (MDT)

Previous inclusion criteria:

1. An inpatient in an NHS secure hospital/unit/service with a Learning Disability Screening Questionnaire (LSDQ) score of 57 or below (indicating the presence of learning disability /borderline intellectual functioning/learning difficulty)
2. Age 18 to 60 years (within the age range for the service)
3. Able to give informed consent
4. A score between 1 and 4 on question 1 of the Health of the Nation Outcome Scale Working Age Adult or Learning Disability version (HONOS-WAA or HONOS-LD)
5. The patient's involvement in the study is supported by their responsible clinician and/or multidisciplinary team (MDT)

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Upper age limit

60 Years

Sex

Both

Target number of participants

Planned Sample Size: 150; UK Sample Size: 150

Key exclusion criteria

Current exclusion criteria as of 28/02/2024:

1. Unable to give informed consent
2. Learning disability/borderline intellectual functioning not indicated based on a validated assessment or screening questionnaire (i.e. not meeting validated assessment criteria or a LDSQ Score >57)
3. A HONOS score of 0 for item 1
4. Planned discharge within 12 months of the start of the study
5. Unstable/unmanaged psychotic symptoms requiring active assessment or treatment including medication dose titration (i.e., dose adjustment in the previous 4 weeks or with potential further dose adjustment planned for the following 4 weeks)

Previous exclusion criteria:

1. LDSQ Screening score >57
2. Unable to give informed consent
3. A score of 0 on question 1 of the HONOS-WAA or HONOS-LD
4. Planned discharge within 12 months of the start of the study
5. Receiving active assessment or treatment for acute or unstable/unmanaged psychotic symptoms including medication dose titration

Date of first enrolment

01/02/2023

Date of final enrolment

30/11/2024

Locations

Countries of recruitment

England

Scotland

United Kingdom

Study participating centre

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

St Nicholas Hospital

Jubilee Road

Gosforth

Newcastle upon Tyne

United Kingdom

NE3 3XT

Study participating centre

East London NHS Foundation Trust

Robert Dolan House

9 Alie Street

London

United Kingdom

E1 8DE

Study participating centre

Birmingham and Solihull Mental Health NHS Foundation Trust

Unit 1

50 Summer Hill Road

Birmingham

United Kingdom

B1 3RB

Study participating centre

Avon and Wiltshire Mental Health Partnership NHS Trust

Bath NHS House

Newbridge Hill

Bath

United Kingdom

BA1 3QE

Study participating centre

West London NHS Trust

1 Armstrong Way

Southall

United Kingdom

UB2 4SD

Study participating centre
Nottinghamshire Healthcare NHS Foundation Trust
The Resource, Trust Hq
Duncan Macmillan House
Porchester Road
Nottingham
United Kingdom
NG3 6AA

Study participating centre
NHS Lothian
Waverley Gate
2-4 Waterloo Place
Edinburgh
United Kingdom
EH1 3EG

Study participating centre
Kneesworth House Hospital
Kneesworth House
Old North Road
Bassingbourn
Royston
United Kingdom
SG8 5JP

Sponsor information

Organisation
Cumbria Northumberland Tyne and Wear NHS Foundation Trust

Sponsor details
St. Nicholas Hospital
Jubilee Road
Gosforth
Newcastle upon Tyne
England
United Kingdom
NE3 3XT
+44 7812493306
CNTWSponsorManagement@cntw.nhs.uk

Sponsor type

Hospital/treatment centre

Website

<https://www.cntw.nhs.uk/>

ROR

<https://ror.org/01ajv0n48>

Funder(s)

Funder type

Government

Funder Name

NIHR Academy

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

The trial will disseminate results in high impact journals within one year the trial ending. The trial will also share trial results through novel methods in conjunction with the Lawnmower Theatre Company, a theatre company run by and for individuals with learning difficulties.

Intention to publish date

31/05/2026

Individual participant data (IPD) sharing plan

The data set will be available upon request by emailing Dr Paula Foscarini-Craggs (schema@Cardiff.ac.uk) at the end of the trial. While there are no specific criteria, any data requests will be reviewed in accordance with the Centre for Trials Research data sharing policy and procedures.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	version 1.3	13/01/2023	18/01/2023	No	Yes
Participant information sheet	Pictorial PIS version 1.2	13/01/2023	18/01/2023	No	Yes
Participant information sheet	Therapist information sheet version 1.2	13/01/2023	18/01/2023	No	Yes
Protocol file	version 1.3	22/11/2022	18/01/2023	No	No
HRA research summary			28/06/2023	No	No
Protocol article		07/03/2025	17/04/2025	Yes	No
Statistical Analysis Plan		01/07/2025	02/07/2025	No	No