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An evaluation of resilience interventions for emergency workers

Submission date	Recruitment status	[ ] Prospectively registered
05/02/2016	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
08/02/2016	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
16/10/2020	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
The aim of this study is to evaluate resilience training for emergency workers. The group-based intervention has been developed by the national mental health charity, Mind. We will compare Mind's group-based resilience intervention for emergency personnel with the same intervention delivered with one online top-up training session.

Who can participate?
Student paramedics who do not have post-traumatic stress disorder or depression

What does the study involve?
Participants are randomly allocated to receive either Mind's resilience intervention or Mind's resilience intervention plus a new internet-based top-up session. The two groups' resilience and use of psychological coping strategies are then compared.

What are the possible benefits and risks of participating?
Participation in the study could lead to participants' resilience being improved. Participation will also guide improvements to future resilience interventions. There are no risks associated with taking part.

Where is the study run from?
University of Brighton and Oxford-Brookes University (UK)

When is the study starting and how long is it expected to run for?
January 2016 to October 2016

Who is funding the study?
Mind, the mental health charity (UK)

Who is the main contact?
Dr Jennifer Wild
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
01/02/16/V1

Study information

Scientific Title
An evaluation of resilience interventions for emergency workers: a randomised controlled trial

Study objectives
1. The format of group and top-up internet-based resilience training is effective.
2. Participants receiving the group plus internet-based resilience training will demonstrate less use of rumination as a strategy in response to an experimental task at follow-up.

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Oxford Central University Research Ethics Committee, 07/12/2015, ref: MS-IDREC-C1-2015-059

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Resilience and psychological coping strategies

Interventions
Participants will be randomly allocated to one of the following:
1. Six sessions of standard group-based resilience training
2. Six sessions of standard group-based resilience training plus a one hour internet-based top-up training

The total duration of follow-up is 6 months.

Intervention Type
Behavioural

Primary outcome(s)
Measured at baseline, post-intervention, and at follow-up (6 months):
1. Resilience (Connor-Davidson Resilience Scale [CD-RISC])
2. Rumination (Perseverative Thinking Questionnaire [PTQ] and Rumination Response Scale [RRS])

Key secondary outcome(s))
Measured at baseline, post-intervention, and at follow-up (6 months):
1. Days off work
2. Psychological coping strategies (Responses to Intrusions Questionnaire [RIQ])

Completion date
31/10/2016

Eligibility

Key inclusion criteria
Student paramedics who do not have posttraumatic stress disorder or depression

Participant type(s)

Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Student paramedics who are suffering from PTSD or major depression

Date of first enrolment
15/01/2016

Date of final enrolment
12/02/2016

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University of Brighton
United Kingdom
BN1 9PH

Study participating centre
Oxford-Brookes University
United Kingdom
OX3 0BP

Sponsor information

Organisation
University of Oxford (UK)

ROR

https://ror.org/052gg0110

Funder(s)

Funder type
Charity

Funder Name
Mind, national mental health charity (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes