

Positive Emotions Program for Schizophrenia (PEPS)

Submission date 12/05/2015	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 18/05/2015	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 01/10/2015	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Schizophrenia is a serious, long term mental health condition that causes a wide range of psychological symptoms broadly categorised as positive and negative. The positive symptoms of schizophrenia include hallucinations (hearing or seeing things that are not real), delusions (believing things that cannot be true), and disorganised thinking and behaviour. Negative symptoms include apathy (general lack of interest) and anhedonia (inability to feel pleasure) which describe an individual's limited ability to experience life events. Other significant negative symptoms are associated with people's inability to express themselves, namely emotional blunting (inability to express feelings) and alogia (inability to verbally express oneself). People with schizophrenia who show mainly negative symptoms often have a poorer prognosis compared to patients who show mainly positive symptoms, and people who express symptoms of apathy-anhedonia fare even worse than those expressing emotional blunting and alogia. This is because there are very few effective drug-based and psychological treatments for negative symptoms in schizophrenia, particularly ones targeting apathy-anhedonia. The Positive Emotions Program for Schizophrenia (PEPS) is a new psychological treatment that has been developed to tackle the symptoms of apathy and anhedonia in people with schizophrenia. PEPS aims to teach participants various skills to help them overcome feelings of hopelessness, and to increase the anticipation and maintenance of positive emotions. The aim of this study is to see how well PEPS works to reduce the symptoms of anhedonia and apathy in patients diagnosed with schizophrenia or schizoaffective disorders.

Who can participate?

French-speaking adults diagnosed with schizophrenia or a schizoaffective disorder.

What does the study involve?

All participants attend eight weekly 1-hour PEPS sessions which involve a presentation and group discussion. Participants are asked to fill in questionnaires before the start of the study, then again 1 week after the PEPS sessions have been completed.

What are the possible benefits and risks of participating?

This study has no specific physical or psychological risks. Some people may not appreciate the intervention, feel uncomfortable or tired. In this case, there is no obligation to speak to the

group, or even to continue following the sessions. In case of discomfort, participants are free to stop their participation in the study at any time.

Where is the study run from?

1. Organisation de Soins à Domicile (OSAD) SISP SA (Switzerland)
2. Fondation HorizonSud (Switzerland)
3. Fondation Pro-Home (Switzerland)

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

May 2014 to February 2015

Who is funding the study?

This study is supported by a donation from Dr Alexander Engelhorn (Switzerland)

Who is the main contact?

Prof J Favrod

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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Positive Emotions Program for Schizophrenia (PEPS): a pilot intervention to reduce anhedonia and apathy

Acronym

PEPS pilot

Study objectives

Eight sessions of PEPS will reduce anhedonia and apathy, as measured using the Scale for the Assessment of Negative Symptoms (SANS).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Vaud Cantonal Ethics Commission on Human Research, 06/05/2014, ref: 127/14.

Study design

Open pre-/post-comparison within subject design

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Anhedonia and apathy in schizophrenia

Interventions

Eight 1-hour group PEPS sessions, administered using visual and audio materials and presented as a PowerPoint presentation. PEPS is an intervention intended to reduce anhedonia and apathy in patients with schizophrenia. The program teaches skills to help overcome defeatist thinking and to increase the anticipation and maintenance of positive emotions.

Intervention Type

Behavioural

Primary outcome(s)

Scale for the Assessment of Negative Symptoms (SANS) at pre and post-test. Baseline assessment is done the week before participation in PEPS, and one week following the end of PEPS intervention. Duration of PEPS is 8 weeks overall.

Key secondary outcome(s)

Calgary Depression Scale for Schizophrenia (CDSS) at pre and post-test.

Completion date

03/02/2015

Eligibility

Key inclusion criteria

1. ICD-10 criteria for a diagnosis of schizophrenia or a schizoaffective disorder
2. Presenting a score of at least 2 on the overall SANS anhedonia scale
3. Aged 18-65
4. Read and understand French

5. Capacity for consent according to the San Diego Brief Assessment of Capacity to Consent. This tool measures a patient's understanding of an information sheet. If the potential participant is unable to respond correctly to the questions asked after reading the sheet, the patient is excluded. The procedure can be conducted a maximum of twice.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Key exclusion criteria

Failure to demonstrate capacity for consent according to the San Diego Brief Assessment of Capacity to Consent.

Date of first enrolment

20/05/2014

Date of final enrolment

30/11/2014

Locations

Countries of recruitment

Switzerland

Study participating centre

Organisation de Soins à Domicile (OSAD) SISP SA

Avenue des Oiseaux 13

Lausanne

Switzerland

1018

Study participating centre

Fondation HorizonSud
Route de la Rotonde 25
case postale 41
Marsens
Switzerland
1633

Study participating centre
Fondation Pro-Home
Appartements FOND-VERT
Chemin de l'Eglise 8
Gilly
Switzerland
1182

Sponsor information

Organisation
La Source School of Nursing Sciences (HEdS La Source)

Funder(s)

Funder type
Other

Funder Name
This study is supported by a donation from Dr Alexander Engelhorn (Switzerland)

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?
Results article	results	29/09/2015		Yes	No