

# Positive Emotions Program for Schizophrenia (PEPS)

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

j.favrod@ecolelasource.ch

## Contact information

**Type(s)**

Scientific

**Contact name**

Prof Jérôme Favrod

**ORCID ID**

<https://orcid.org/0000-0002-1132-9472>

**Contact details**

Avenue Vinet 30

Lausanne

Switzerland

1004

+41794473157

j.favrod@ecolelasource.ch

## 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?
<a href="#">Results article</a>	results	29/09/2015		Yes	No

