

Optimising the management of mental health problems in primary care

Submission date 13/01/2020	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 22/01/2020	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 24/02/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Depression and anxiety are common problems and a major cause of disability in the UK. Most people with these conditions are managed in primary care and will be offered a variety of options depending on the severity of symptoms, local service availability and personal preference.

This study will evaluate the effectiveness of a new treatment pathway designed to optimise the patient experience without increasing the cost burden. It uses new technologies to help patients identify and engage with support, manage symptoms and monitor response.

Who can participate?

Patients aged 18 years or older who attend the nurse-led mental health clinic at the trial centre.

What does the study involve?

Participants who are eligible and agree to take part will have their details registered on the I-spero system which will assist the clinician in identifying the most appropriate management option for their condition. Treatment will continue as usual for eight weeks, at which time participants will be asked to complete a satisfaction questionnaire.

What are the possible benefits and risks of participating?

Benefits include the chance to use new technology before widely available. No risks.

Where is the study run from?

The University of Nottingham Health Service, UK

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

January 2020 to August 2020 (updated 24/02/2021, previously: June 2020)

Who is funding the study?

1. The Microcurrent Site Limited, UK
2. P1vital Products Limited, UK
3. National Institute for Health Research (NIHR), UK

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

Integrated Research Application System (IRAS)
271778

ClinicalTrials.gov (NCT)
Nil known

Protocol serial number
CPMS 44191, IRAS 271778

Study information

Scientific Title
Optimising the effectiveness of the management of mental health problems in primary care using new technologies

Study objectives
The optimised pathway improves the management of mental health problems in primary care

Ethics approval required
Old ethics approval format

Ethics approval(s)

Approved 10/12/2019, NHS Wales REC 6, (Health and Care Research Wales Support and Delivery Centre, Castlebridge 4, 15-19 Cowbridge Road East, Cardiff, CF11 9AB; +44 (0)1874 615949; Wales.REC6@wales.nhs.uk), ref: 19/WA/0344

Study design

Interventional non-randomized study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Mood [affective] disorders, Neurotic, stress-related and somatoform disorders

Interventions

Entry into the study will be offered to attendees at a nurse-led clinic for people who have mental health problems which will be set up in Nottingham, UK. The clinic will run at the student health centre on the University of Nottingham main campus. All attendees will be assessed by a trained mental health nurse on presentation to the service. Those eligible to participate must be registered with the practice, must be aged 18 or over, must have capacity to understand the patient information sheet and give consent to participation and must not require immediate referral to secondary care because of symptom severity. Patients not meeting these criteria will be offered usual care according to the standard operating procedures of the service. Patients who are eligible to join the study will be given an information sheet and time to consider participation. Those who do not give consent will be offered usual care according to the standard operating procedures of the service. Those who consent will be entered into the trial.

The first study procedure will be registration with the ispero system (CE-marked but not currently part of standard management) and completion of the baseline assessments it contains. The results of this will be available immediately and will assist the clinician in identifying the most appropriate management option. This could be one or more of the following:

- self help
- support agencies including NHS, University and voluntary sector
- psychological therapy with one of the three NHS provider organisations in Nottingham
- Alpha-Stim treatment for those with generalized anxiety (CE-marked but not currently standard management)
- referral to a GP to discuss medication

The participants' response to these options will be monitored by ispero and used at future contacts to guide further management.

There will be no planned study visits but participants will be seen by the appropriate clinician at intervals agreed at the end of each contact.

Eight weeks after recruitment an investigator will contact the participant and ask permission to inspect their I-spero data and collect outcome measures. They will be offered an opportunity to

withdraw consent for participation at this point. They will also be offered a personal appointment with a study clinician so that data can be reviewed in a consultation environment. They will also be asked to complete a short satisfaction survey.

A control group of patients attending their GP practice with mental health problems that would have been eligible for inclusion in the study will be identified at the end of the study and a retrospective notes review will be performed by the investigator as part of routine service evaluation. It will be possible to compare some of the baseline and eight week outcome measures as this information is collected as part of standard practice.

Any data extracted for comparison will be fully anonymised and no patient identifiable data will be seen by any person who is not an employee of the study practice.

The null hypothesis will be that the new pathway is no more effective or acceptable than standard treatment. This design has been chosen as it aligns with current NHS priorities and causes minimal disruption to participants and local services. We considered a randomised controlled design but felt that this would cause ethical and logistical problems that would not outweigh the benefits in outcome data quality and comparability.

Intervention Type

Device

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Alpha-Stim

Primary outcome(s)

Improvements from baseline to 8-weeks in I-spero data (I-spero uses a number of validated tests and an AI algorithm to monitor response to treatment)

Key secondary outcome(s)

Satisfaction as measured by questionnaire at 8 weeks

Completion date

01/08/2020

Eligibility

Key inclusion criteria

1. Attendance at nurse-led mental health clinic
2. Registered with participating general practice (this is necessary to ensure that clinical alerts generated by the ispero system can be acted upon in a timely manner)
3. Capacity to understand information sheet and provide informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

55

Key exclusion criteria

1. Patients not suitable for the nurse-led mental health clinic. These would include those who appear distressed or at acute risk of harm to themselves or others or who appear to be intoxicated. The reception staff at the practice are already skilled in identifying these patients. The nurse-led clinic would also not be suitable for those with mental health problems related to a terminal or acute physical illness.
2. Those unable to communicate effectively in English

Date of first enrolment

01/02/2020

Date of final enrolment

30/04/2020

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

The University of Nottingham Health Service

Cripps Health Centre

University Park

Nottingham

United Kingdom

NG7 2QW

Sponsor information**Organisation**

University of Nottingham

ROR

<https://ror.org/01ee9ar58>

Organisation

P1vital Products Ltd

Organisation

The MicroCurrent Site

Funder(s)**Funder type**

Industry

Funder Name

The Microcurrent Site Limited

Funder Name

National Institute for Health Research (NIHR) (UK)

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

Funder Name

P1 Vital Products Limited

Results and Publications

Individual participant data (IPD) sharing plan

The current data sharing plans for this study are unknown and will be available at a later date.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes