

# The effectiveness of peer support in increasing hope and quality of life in psychiatric patients discharged from hospital

**Submission date**

23/02/2011

**Recruitment status**

No longer recruiting

**Registration date**

23/02/2011

**Overall study status**

Completed

**Last Edited**

06/02/2014

**Condition category**

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

**Plain English summary of protocol**

Not provided at time of registration

## Contact information

**Type(s)**

Scientific

**Contact name**

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

8516

# Study information

## Scientific Title

A pilot randomised controlled trial to measure the effectiveness of peer support in increasing hope and quality of life in psychiatric patients discharged from hospital

## Acronym

Peer Support Project

## Study objectives

A pilot randomised controlled trial to compare effectiveness and cost effectiveness of peer support provided by Peer Support Workers (PSW) alongside usual aftercare to patients discharged from psychiatric units, with patients receiving usual aftercare alone.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

East London & The City REC Alpha on 26/03/2011 (REC Ref: 10/H0704/9)

## Study design

Randomised interventional treatment

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Hospital

## Study type(s)

Treatment

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied

Topic: Mental Health Research Network; Subtopic: All Diagnoses; Disease: Not Applicable

## Interventions

Peer Support, Peer Support Workers (PSW) will provide peer support for six weeks to patients discharged from four psychiatric wards over a seven month period. Peer support will be in addition to usual aftercare, described in the control condition. Initial contact will be made while the user is an inpatient. Follow up length: 3 months, study entry : single randomisation only

## Intervention Type

Other

**Phase**

Not Applicable

**Primary outcome measure**

Beck Hopelessness Scale (BHS); Timepoints: One month (T1) and three months (T2) after discharge

**Secondary outcome measures**

1. EuroQol, Timepoints: One month (T1) and three-months (T2) post-discharge
2. UCLA Loneliness Scale (V3) Timepoints: One month (T1) and three-months (T2) post-discharge

**Overall study start date**

01/10/2010

**Completion date**

31/05/2011

## **Eligibility**

**Key inclusion criteria**

1. Gender: Male & Female, age between 18 and 65 years
2. Diagnosed mental illness, approaching discharge/extended leave

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

Planned Sample Size: 143; UK Sample Size: 143

**Key exclusion criteria**

1. Considered a risk to others, alcohol or drug dependent/problematic substance user or primary diagnosis of substance use
2. Serious personality disorder
3. Pregnant or caring for children

**Date of first enrolment**

01/10/2010

**Date of final enrolment**

31/05/2011

# Locations

## Countries of recruitment

England

United Kingdom

## Study participating centre

School Community & Health Sciences, Philpot Street

London

United Kingdom

E1 2EA

# Sponsor information

## Organisation

East London NHS Foundation Trust (UK)

## Sponsor details

Newham Academic Centre for Mental Health, London

Greater London

England

United Kingdom

E13 8SP

## Sponsor type

Hospital/treatment centre

## ROR

<https://ror.org/01q0vs094>

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research (NIHR) - Research for Patient Benefit (RfPB) (UK) (Ref: Grant Codes: PB-PG-0408-16151)

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	05/02/2014		Yes	No