

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

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Additional identifiers

Protocol serial number

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

Study type(s)

Treatment

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(s)

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

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

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**

United Kingdom

England

Study participating centre

School Community & Health Sciences, Philpot Street

London

United Kingdom

E1 2EA

Sponsor information

Organisation

East London NHS Foundation Trust (UK)

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

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?
Results article	results	05/02/2014		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes