

A randomised controlled trial (RCT) to assess the incremental costs and clinical benefits of cognitive analytic therapy (CAT) to standard care within community mental health teams in the treatment of severe personality disorder

Submission date 23/01/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 23/01/2004	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 28/11/2019	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

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

REC00168

Study information

Scientific Title

A randomised controlled trial (RCT) to assess the incremental costs and clinical benefits of cognitive analytic therapy (CAT) to standard care within community mental health teams in the treatment of severe personality disorder

Study objectives

Cognitive-analytic therapy (CAT) has established a claim to make a valuable and economic contribution to the treatment of patients with severe personality disorders. This has been demonstrated in a range of descriptive and clinical case studies though no randomised controlled study has so far established its effectiveness with this severely disturbed patient group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Not Specified

Participant information sheet

Health condition(s) or problem(s) studied

Mental and behavioural disorders: Other mental disorder

Interventions

1. 24 sessions of cognitive-analytical therapy (CAT)
2. Standard care

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Beck Depression Inventory, Structured Clinical Interview for DSM-IV, MCMI-III, Client Service Receipt Interview.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/07/1998

Completion date

01/07/1999

Eligibility**Key inclusion criteria**

48 'hard to treat' mental health service users with complex mental health problems who have been in active contact with the participating trusts for at least one year and whose major presenting problems have not been successfully treated. Inclusion criteria:

1. A diagnosis of Cluster B Personality Disorder (Diagnostic and Statistical Manual of Mental Disorders, fourth edition [DSM IV], Axis II - as per Million Clinical Multiaxial Inventory III [MCMI III])
2. A Beck Depression Index score above 25
3. One year (or longer) history of unsuccessful treatment (assessed by case note review by the responsible medical officers [RMOs]); or at least two hospital admissions in the past 5 years following parasuicide.
4. Still on active caseload of Community Mental Health Team (CMHT) (Care Programme Approach [CPA] level 1 or higher).

Participant type(s)

Patient

Age group

Not Specified

Sex

Not Specified

Target number of participants

48

Key exclusion criteria

1. Concurrent organic or definite psychotic illness (though patients suffering micropsychotic episodes only will not be excluded)
2. Referral to CAT services in past five years
3. Currently receiving another formal psychological treatment

4. Current admission to inpatient care (though subsequent admission during the course of the trial will not exclude patients from further follow-up)
5. Current active substance abuse (including alcohol)

Date of first enrolment

01/07/1998

Date of final enrolment

01/07/1999

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

The Tavistock Clinic

London

United Kingdom

NW3 5BA

Sponsor information

Organisation

NHS R&D Regional Programme Register - Department of Health (UK)

Sponsor details

The Department of Health

Richmond House

79 Whitehall

London

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SW1A 2NL

+44 (0)20 7307 2622

dhmail@doh.gsi.org.uk

Sponsor type

Government

Website

<http://www.doh.gov.uk>

Funder(s)

Funder type

Government

Funder Name

NHS Executive London

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