

# 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

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

Prof Philip Richardson

### 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

United Kingdom

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