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 | Recruitment status | Prospectively registered |
|-------------------|----------------------------------|--|
| 23/01/2004 | No longer recruiting | ☐ Protocol |
| Registration date | Overall study status | Statistical analysis plan |
| 23/01/2004 | Completed | Results |
| Last Edited | Condition category | Individual participant data |
| 28/11/2019 | Mental and Behavioural Disorders | 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

Protocol serial number 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

Study type(s)

Not Specified

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(s)

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

Key secondary outcome(s))

Not provided at time of registration

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

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

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

United Kingdom

England

Study participating centre The Tavistock Clinic London United Kingdom NW3 5BA

Sponsor information

Organisation

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

Funder(s)

Funder type

Government

Funder Name

NHS Executive London

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration