

# An evaluation of the effectiveness of delivery of Health Promotion Interventions to people with serious mental illness by their key workers

**Submission date**  
29/09/2006

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
29/09/2006

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
23/04/2021

**Condition category**  
Mental and Behavioural Disorders

☐ 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

### Protocol serial number

N0230176071

## Study information

Scientific Title

An evaluation of the effectiveness of delivery of Health Promotion Interventions to people with serious mental illness by their key workers

**Study objectives**

Can a specific programme of health promotion interviews, delivered by their key worker, to clients with serious mental illness produce meaningful health gains?

**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

**Interventions**

Subjects will be randomised using a hidden computer generated random number programme to receive five sessions of supervised health promotion interventions in addition to their usual treatment or to receive treatment as usual from their key worker. Subjects randomised to the 'treatment as usual' group will be offered the health promotion interventions at the end of the study period. The initial measurements will be repeated after 5 sessions of health education (subjects) or 10 weeks of treatment as usual (controls). Pre and post intervention measurements will be made by the same rater who will be blind to the interviewees status in the study.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Basic health screening questionnaire and measure of height, weight, blood pressure and resting pulse. Baseline lifestyle factors (diet, exercise, smoking, alcohol and drug use) and psychological health will be measured using validated research instruments (the Hospital Anxiety and Depression (HAD) scale and SF-36 scale of subjective well being.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/08/2006

# Eligibility

## Key inclusion criteria

Key workers and patients of the West Southampton CMHT location of Hampshire Partnership Trust.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

Not Specified

## Key exclusion criteria

Not provided at time of registration

## Date of first enrolment

01/02/2006

## Date of final enrolment

31/08/2006

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

Cannon House  
Southampton  
United Kingdom  
SO15 5PQ

# Sponsor information

## Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

## Funder(s)

### Funder type

Government

### Funder Name

West Hampshire Consortium (UK)

### Funder Name

NHS R&D Support Funding

## 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?
<a href="#">Results article</a>				Yes	No
<a href="#">Results article</a>		01/10/2009	23/04/2021	Yes	No