

# An evaluation of the Cares of Life Project (CoLP): Fundamentally improving mental health services for Black people in Southwark

<b>Submission date</b> 07/06/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 14/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 12/05/2011	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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**  
N0042132131

## Study information

**Scientific Title**

**Acronym**

CoLP (Cares of Life Project)

**Study objectives**

The primary hypothesis for the study was that compared to individuals who were randomised to the 'standard access' control group, individuals randomised to the 'rapid access' intervention group would after a 3-month follow-up period:

1. Show significantly improved levels of psychological well-being

Secondary hypotheses were that individuals in the intervention group would:

1. Rate mental health services as being more culturally sensitive
2. Have greater trust in mental health services
3. Be more satisfied with mental health services
4. Have reduced negative beliefs about mental health services

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

South London and Maudsley Research Ethics Committee, approved on 15 November 2002 (ref: 176/02)

**Primary study design**

Interventional

**Study design**

A randomised controlled trial.

**Study type(s)**

Not Specified

**Health condition(s) or problem(s) studied**

Anxiety and /or depression

**Interventions**

The experimental group had rapid access to Community Health Workers who delivered a needs-led package of care comprising psychological therapies (cognitive behavioural therapy, Brief Solution Focused Therapy), health education, advocacy, mentoring and some physical health investigations (blood pressure and blood sugar testing). The control group had 'standard access.' Individuals were followed up after 3 months of receiving the intervention.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Psychological well-being and general functioning were rated using the following at baseline and 3-month follow-up:

1. General Health Questionnaire (GHQ-28)

2. Short Form 36 (SF-36)
3. Global Assessment of Functioning (GAF)

**Key secondary outcome(s)**

1. Perceived access to and cultural sensitivity of mental health services, rated using the Accessibility and Cultural Sensitivity Schedule (ACCeSS), assessed at baseline and 3-month follow-up
2. Satisfaction with mental health services rated using the Treatment Perceptions Questionnaire (TPQ) at 3-month follow-up
3. Trust in mental health services examined using the TRUST semi-structured interview schedule at 3-month follow-up
4. Cost of service use (CSRI) assessed at baseline and 3-month follow-up
5. The social context of mental health rated using the Shortened Life Events and Difficulties Schedule (SLEDS) at baseline and 3-month follow-up

**Completion date**

31/05/2006

**Eligibility****Key inclusion criteria**

Individuals who were referred to the service were included in the study if they met all of the following criteria:

1. Resident of the London Borough of Southwark
2. Of Black African origin (Black African individuals born in sub-Saharan Africa or born in the UK with at least one parent of sub-Saharan decent) or Black Caribbean origin (Black patients born in the Caribbean or born in the UK with at least one parent of Caribbean decent).
3. Scored positive for symptoms on the World Health Organisation Mental Health Checklist for Anxiety and Depression indicating a diagnosis of clinical depression (ICD-10 codes F32, F33.0 - F33.2) and/or anxiety (F40, F41.1, F41.2)
4. Consented to being randomised

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

All

**Key exclusion criteria**

1. Non-English speaking
2. Resident of another borough
3. Did not score positive for symptoms on the WHO checklist for anxiety and depression

**Date of first enrolment**

01/06/2002

**Date of final enrolment**

31/05/2006

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Health Services and Population Research**

London

United Kingdom

SE5 8AF

## Sponsor information

**Organisation**

King's College London (UK)

**ROR**

<https://ror.org/0220mzb33>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Guy's and St Thomas' Charitable Foundation (Grant code GO11019DF) (UK)

## 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>	results	01/12/2010		Yes	No