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

Submission date	Recruitment status	[_] Prospectively registered
07/06/2007	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
14/09/2007	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
12/05/2011	Mental and Behavioural Disorders	

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 Commitee, 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?
Results article	results	01/12/2010		Yes	No