

# Predictors of psychological treatment outcomes for common mental health problems (CMHP) in Improving Access to Psychological Therapies (IAPT) service users

<b>Submission date</b> 21/12/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/12/2022	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 15/08/2024	<b>Condition category</b> Mental and Behavioural Disorders	<input checked="" type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Psychological therapies are helpful in treating depression and anxiety and half of the treated adults do recover. However, it is not clear whether older people are helped more or less than younger people. In this study, we aim to investigate the predictors of psychological treatment outcomes for common mental health problems in adults (18+ years) in the IAPT services and secondly, whether these predictors affect psychological treatment outcomes differently for working age (18-64 years) and older adults (65+ years).

### Who can participate?

The study aims to recruit 700 participants in total, who are aged 18 years or over and are offered treatment in the IAPT service for common mental health problems.

### What does the study involve?

Participants will be asked to complete a baseline questionnaire before the start of their treatment. These baseline measures will be complemented by routinely collected data from the IAPT systems after the completion of treatment.

### What are the possible benefits and risks of participating?

By taking part in the study, participants will help us learn for whom treatment for common mental health problems works best or least. This will help NHS services plan what to offer to others. Thinking about our thoughts and feelings of low mood and anxiety, stressful life events and their impact can be helpful. However, it can also be difficult to do. If a participant feels upset answering any of the questions,

### When is the study starting and how long is it expected to run for?

December 2021 to March 2024

Where is the study run from?  
University of Sussex (UK)

Who is funding the study?  
Mental Health Research UK

Who is the main contact?  
Alexandra Schmidt, as2085@sussex.ac.uk

## Contact information

### Type(s)

Principal investigator

### Contact name

Miss Alexandra Schmidt

### ORCID ID

<https://orcid.org/0000-0002-4359-6284>

### Contact details

University of Sussex  
Pevensey 1, 2C1  
Falmer  
Brighton  
United Kingdom  
BN1 9QH  
+44 7810870572  
as2085@sussex.ac.uk

## Additional identifiers

Integrated Research Application System (IRAS)  
297739

Central Portfolio Management System (CPMS)  
51250

## Study information

### Scientific Title

Predictors of psychological treatment outcomes for CMHP in IAPT

### Acronym

PROPEL

### Study objectives

1. What are the predictors of psychological treatment outcomes for common mental health problems in adults (18+ years) in the Improving Access to Psychological Therapies (IAPT)

services?

2. Do these factors affect psychological treatment outcomes differently for older (65+ years) and working-age adults (18-64 years)?

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved 24/12/2021, South Central-Hampshire B Research Ethics Committee (Health Research Authority, 2 Redman Place, Stratford, London, E20 1JQ, UK; +44 20 7104 8289; hampshireb.rec@hra.nhs.uk), ref: 21/SC/0387

### **Study design**

Multi-centre observational cohort study

### **Primary study design**

Observational

### **Study type(s)**

Treatment

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

Common mental health problems, such as depression and/or any anxiety disorder, e.g. generalised anxiety disorder, panic disorder, phobias, PTSD, OCD.

### **Interventions**

Participants will be invited to take part in the study after having been accepted into the IAPT service, but before the start of treatment. Once consented, participants will be asked to complete a questionnaire with different measures - these form the baseline measures. After the completion of treatment, a set of routinely collected measures by IAPT will be obtained, including pre- and post-treatment symptom severity. Analyses will be run to ascertain if any factors obtained at baseline are associated with treatment outcome.

The total duration of treatment and follow-up depends on the individual treatment each participant receives and how many sessions they attend.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Recovery and change in symptom severity as measured by the scores on the corresponding scale for each presenting problem (below). These measures are routinely taken in the IAPT service before the start of therapy (T0) and post-therapy (T1):

1. Depression symptom severity measured using The Patient Health Questionnaire (PHQ-9)
2. Generalised anxiety measured using the Generalised Anxiety Disorder Assessment (GAD-7)
3. Obsessive-compulsive disorder measured using the Obsessive-Compulsive Inventory (OCI)
4. Social phobia measured using the Social Phobia Inventory (SPIN)
5. Agoraphobia measured using the Agoraphobia-Mobility Inventory (MI)
6. PTSD measured using PTSD Checklist for DSM-5 (PCL-5)
7. Panic disorder severity measured using the Panic Disorder Severity Scale (PDSS)

### **Key secondary outcome(s)**

Daily occupational and social functioning measured using The Work and Social Adjustment Scale (WSAS) before the start of therapy (T0) and post-therapy (T1).

### **Completion date**

31/03/2024

## **Eligibility**

### **Key inclusion criteria**

1. Be aged 18 years or over
2. Are offered treatment in the IAPT service in step 2 or step 3 of depression and/or an anxiety disorder
3. Read and understand English at the required level in order to respond to the PIS and the questionnaire

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

All

### **Total final enrolment**

1218

### **Key exclusion criteria**

1. Patients under the age of 18 years

### **Date of first enrolment**

10/06/2022

### **Date of final enrolment**

31/03/2023

## **Locations**

### **Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**Sussex Partnership NHS Foundation Trust**  
Trust Hq  
Swandean  
Arundel Road  
Worthing  
United Kingdom  
BN13 3EP

**Study participating centre**  
**Avon and Wiltshire Mental Health Partnership NHS Trust**  
Bath NHS House  
Newbridge Hill  
Bath  
United Kingdom  
BA1 3QE

**Study participating centre**  
**Humber Teaching NHS Foundation Trust**  
Trust Hq, Willerby Hill  
Beverley Road  
Willerby  
Hull  
United Kingdom  
HU10 6ED

**Study participating centre**  
**North East London NHS Foundation Trust**  
West Wing  
C E M E Centre  
Marsh Way  
Rainham  
United Kingdom  
RM13 8GQ

**Study participating centre**  
**Oxleas NHS Foundation Trust**  
Pinewood House  
Pinewood PLACE

Dartford  
United Kingdom  
DA2 7WG

**Study participating centre**

**South West London & St George's Mental Health NHS Trust**  
Springfield University Hospital  
Glenburnie Road  
London  
United Kingdom  
SW17 7DJ

**Study participating centre**

**Cambridgeshire and Peterborough NHS Foundation Trust**  
Elizabeth House,  
Fulbourn Hospital  
Fulbourn  
Cambridge  
United Kingdom  
CB21 5EF

**Study participating centre**

**East London NHS Foundation Trust**  
Robert Dolan House  
9 Alie Street  
London  
United Kingdom  
E1 8DE

**Study participating centre**

**Southern Health NHS Foundation Trust**  
Tatchbury Mount Hospital  
Calmore  
Southampton  
United Kingdom  
SO40 2RZ

**Study participating centre**

**Berkshire Healthcare NHS Foundation Trust**  
Fitzwilliam House  
Skimped Hill Lane

Bracknell  
United Kingdom  
RG12 1BQ

**Study participating centre**  
**Cheshire and Wirral Partnership NHS Foundation Trust**  
Trust Headquarters Redesmere  
The Countess of Chester Health Park  
Liverpool Road  
Chester  
United Kingdom  
CH2 1BQ

**Study participating centre**  
**Bradford District Care NHS Foundation Trust**  
New Mill  
Victoria Road  
Saltaire  
Shipley  
United Kingdom  
BD18 3LD

**Study participating centre**  
**Solent NHS Trust Headquarters**  
Highpoint Venue  
Bursledon Road  
Southampton  
United Kingdom  
SO19 8BR

**Study participating centre**  
**Derbyshire Healthcare NHS Foundation Trust**  
Trust Headquarters  
Kingsway Hospital  
Kingsway  
Derby  
United Kingdom  
DE22 3LZ

**Study participating centre**

**Surrey and Borders Partnership NHS Foundation Trust**

18 Mole Business Park  
Randalls Road  
Leatherhead  
United Kingdom  
KT22 7AD

**Study participating centre**

**Sussex Community NHS Foundation Trust**

Brighton General Hospital  
Elm Grove  
Brighton  
United Kingdom  
BN2 3EW

**Study participating centre**

**Hertfordshire Partnership University NHS Foundation Trust**

The Colonnades  
Beaconsfield Close  
Hatfield  
United Kingdom  
AL10 8YE

**Study participating centre**

**Norfolk and Suffolk NHS Foundation Trust**

Hellesdon Hospital  
Drayton High Road  
Norwich  
United Kingdom  
NR6 5BE

**Study participating centre**

**Cumbria, Northumberland, Tyne & Wear NHS Foundation Trust**

St. Nicholas Hospital  
Gosforth  
Newcastle upon Tyne  
United Kingdom  
NE3 3XT

**Study participating centre**

**Midlands Partnership NHS Foundation Trust**

Trust Headquarters  
St Georges Hospital  
Corporation Street  
Stafford  
United Kingdom  
ST16 3SR

**Study participating centre****Dorset Healthcare University NHS Foundation Trust**

Sentinel House  
4-6 Nuffield Road  
Nuffield Industrial Estate  
Poole  
United Kingdom  
BH17 0RB

## Sponsor information

**Organisation**

University of Sussex

**ROR**

<https://ror.org/00ayhx656>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Mental Health Research UK

**Alternative Name(s)**

Mental Health Research in United Kingdom, MHRUK

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Protocol file</a>	version 6	04/08/2022	22/12/2022	No	No
<a href="#">Statistical Analysis Plan</a>			15/08/2024	No	No