ISRCTN10670435 https://doi.org/10.1186/ISRCTN10670435

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

Submission date
21/12/2022

Recruitment status
No longer recruiting

Registration date
22/12/2022

Overall study status
Completed

Last Edited
15/08/2024

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[X] Protocol
[X] Statistical analysis plan
[_] Results
[_] Individual participant data
[_] 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

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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

Primary study design
Observational

Study design
Multi-centre observational cohort study

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?
HRA research summary			28/06/2023	No	No
Protocol file	version 6	04/08/2022	22/12/2022	No	No
Statistical Analysis Plan			15/08/2024	No	No