

Relapse Prevention Group Programme for service users with an international statistical classification of diseases and related health problems (ICD10, chapter F20) diagnosis of schizophrenia in a community setting - a randomised controlled trial

Submission date 29/06/2006	Recruitment status No longer recruiting	☒ Prospectively registered
Registration date 27/07/2006	Overall study status Completed	☐ Protocol
Last Edited 04/02/2010	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ 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

Study information

Scientific Title

Acronym

RPGP

Study objectives

Following an eight week Relapse Prevention (RP) programme, service users have:

1. Decrease in admission rates
2. Decrease in length of stay following admission
3. Increase in the attendance rates of hospital appointments
4. Increased their self-efficacy
5. Greater knowledge in medication, support services and illnesses
6. Improved quality of life
7. Reduced severity of symptomatology

It is expected that there will be a significant difference in these variables between individuals receiving the RP programme (treatment group) and individuals receiving treatment as usual (comparison group) that this is maintained at three and six months follow-up.

Ethics approval required

Old ethics approval format

Ethics approval(s)

COREC - Brent Medical Ethics Committee

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Schizophrenia

Interventions

Relapse prevention programme as opposed to treatment as usual

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Increased self-efficacy
2. Greater knowledge in medication, support services and illnesses
3. Improved quality of life
4. Reduced severity of symptomatology

Key secondary outcome(s)

1. Decrease in admission rates
2. Decrease in length of stay following admission
3. Increase in the attendance rates of hospital appointments

Completion date

11/05/2007

Eligibility**Key inclusion criteria**

1. Newly diagnosed by a Community Psychiatric Nurse (CPN)
2. Age group 18-45, men and women
3. Have a diagnosis of schizophrenia (ICD 10-F20)
4. Sufficiently stable to take part in the programme
5. Assessment conducted by CPN
6. Living in the community
7. Be able to consent to participate
8. Be on a therapeutic dose of anti-psychotic medication

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

45 Years

Sex

All

Key exclusion criteria

1. Patients who do not speak English or cannot use an interpreter because this will be another confounder to the study
2. Patients with drug dependency as indicated by the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) although alcohol/drug abusers will still be eligible for the study. The DSM- IV criterion for abuse is very restrictive and would capture most alcohol/drug use by

mental health service users. The CPNs will be provided with this to make this assessment

3. Organic brain diseases (e.g. dementia) as assessed by the psychiatrist. The psychiatrist will be asked to assess whether the patient is capable of giving informed consent and understanding what they have been asked to do
4. Patients who have previously been treated with RP
5. Patients who refuse to provide consent

Date of first enrolment

11/09/2006

Date of final enrolment

11/05/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Park Royal Centre for Mental Health

London

United Kingdom

NW10 7NS

Sponsor information

Organisation

Brent Mental Health Service (UK)

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Funded by Brent Mental Health Service and The Brent Relapse Prevention Programme (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	01/09/2008		Yes	No