

# Effectiveness of a recovery workshop implemented in community mental health services

<b>Submission date</b> 29/06/2022	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 05/07/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 12/02/2025	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Currently, following the guidelines of the United Nations and the World Health Organization, public mental health policies seek to promote self-determination and respect for one's own preferences in mental health recovery processes. This change was initiated by the Anglo-Saxon countries, it has been followed by Northern Europe and, more recently, it is beginning to take place in Italy and Spain.

Despite this change in the strategic plans, no intervention program aimed at meeting these objectives has yet been implemented in Spain. Recently, based on a participatory process carried out in Catalonia (Spain), a series of materials were created to implement a workshop that allows people to be taught how to prepare their own personalized Recovery Plan and to self-manage their own wellbeing. This study aims to test the effectiveness of this workshop. The main objective is to evaluate the effectiveness of a recovery workshop implemented in community mental health services in Catalonia to improve personal recovery, empowerment, hope and perceived social support.

### Who can participate?

Patients aged 18 to 65 years with a mental disorder using a community mental health service in Catalonia

### What does the study involve?

Experimental group participants attend a 12-session workshop that teaches the concept of personal recovery, the importance of self-determination, and how to make their own recovery plan, including a wellness toolbox, a maintenance toolkit, and a crisis plan. Control group participants attend the usual activities of the same community mental health services but do not participate in the workshop.

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

For the participants of the experimental group (12-week recovery workshop) there is a direct benefit for participating in this study, which is independent of the effectiveness of the workshop to improve the evaluated variables. All of them have the opportunity to develop their own

recovery plan. This includes being able to decide what their recovery goals are, who are the support people in their personal environment, what resources (professionals and non-professionals) they want to include in their plan, who are their reference professionals in mental health services, and what should be done in case they have a relapse (do they prefer a hospitalization, or do they prefer to receive treatment at their own home?). For participants in the control group there are no direct benefits of participating in this study. There is an indirect benefit for all study participants. This evaluation is done as a pilot project that will allow deciding if the recovery workshop is incorporated into the community mental health services portfolio in Catalonia. There are no risks of participating.

Where is the study run from?

The study is a collaboration between the Catalonia Mental Health Services' Administration, the University of Barcelona and ActivaMent Catalunya Associació (an association of users and survivors). It is implemented in the community mental health services of 11 cities: Barcelona (two services), Granollers, Sant Boi, Santa Coloma de Gramenet, Lleida, Tarragona, Amposta, Tortosa, Manresa, Cerdanyola del Vallès and El Prat del Llobregat.

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

June 2020 to January 2023

Who is funding the study?

Ministry of Science and Innovation (Spain)

Who is the main contact?

Dr Juana Gómez Benito, [juanagomez@ub.edu](mailto:juanagomez@ub.edu)

## Contact information

### Type(s)

Principal investigator

### Contact name

Dr Juana Gómez Benito

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## Additional identifiers

### Protocol serial number

PID2019-109887GB-I00

# Study information

## Scientific Title

Effectiveness of a recovery workshop implemented in community mental health services in Catalonia: a 12-week non-randomized controlled trial

## Study objectives

The hypotheses that guide this study are:

1. The participants in the Recovery Workshop will show significant progress in the stage of the recovery process in which they are, compared to the people in the control group.
2. The participants in the Recovery Workshop will present a significantly higher level of empowerment compared to the control group.
3. The participants in the Recovery Workshop will show a significantly higher level of perceived social support compared to the control group.
4. The participants in the Recovery Workshop will have a significantly higher level of hope for recovery compared to the control group.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approved 29/11/2021, Bioethics Committee of the University of Barcelona (Campus Clínic, 5th Floor, Casanova Street, 143. 08036), Barcelona, Spain; +34 (0)93 403 19 48, +34 (0)93 403 45 46; cbub@ub.edu, ref: IRB00003099

## Study design

Multicenter interventional non-randomized controlled trial

## Primary study design

Interventional

## Study type(s)

Quality of life

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

Promotion of personal recovery in users of community mental health services

## Interventions

The intervention consists of a 12-session recovery workshop, in which participants learn to develop their own personalized recovery plan, including a wellness toolbox, a maintenance toolkit (to prevent relapse), and a crisis plan.

The evaluation design is pre-post intervention with a control group. The people in the control group attend the same community mental health services but do not participate in the workshop, but in the usual activities of the service.

The evaluation is done with a battery of psychometric instruments that include: Self-Identify Stage of Recovery (Andresen et al, 2010), Netherland Empowerment List (Boevink et al., 2017), Maryland Assessment of Recovery Scale (Drapalski et al., 2016), Dispositional Hope Scale (Galiana et al., 2014), and Multidimensional Scale of Perceived Social Support (Zimet et al., 1988).

The study is multicenter. Twelve mental health services in Catalonia will participate in the trial. Services from large cities (with a lot of users) and small towns (with few users) have been included. Both attendance at the community mental health services and the activities they offer are voluntary. The non-randomized controlled trial design has been chosen to respect both characteristics.

### **Intervention Type**

Behavioural

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

Personal recovery measured using the Self-Identified Stage of Recovery and the Maryland Assessment of Recovery in Serious Mental Illness Scale at baseline (1 week before starting the 12-week recovery workshop) and 1 week after the end of the workshop.

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

Measured at baseline (1 week before starting the 12-week recovery workshop) and 1 week after the end of the workshop:

1. Empowerment measured using the Netherlands Empowerment List
2. Hope measured using the Dispositional Hope Scale
3. Perceived social support measured using the Multidimensional Scales of Perceived Social Support

### **Completion date**

31/01/2023

## **Eligibility**

### **Key inclusion criteria**

1. Adults (older than 18 years old and under 65 years old)
2. Users of a Community Mental Health Service
3. Interest and commitment to participate in a 12-week workshop

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

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Upper age limit**

65 years

### **Sex**

All

**Total final enrolment**

218

**Key exclusion criteria**

1. Relevant cognitive impairment and comprehension difficulties
2. Severe or decompensated somatic disease

**Date of first enrolment**

14/02/2022

**Date of final enrolment**

14/10/2022

**Locations****Countries of recruitment**

Spain

**Study participating centre****Servei de Rehabilitació Comunitària de Tàrrrega**

Joan Maragall 22, baixos

Tàrrrega

Spain

25300

**Study participating centre****Servei de Rehabilitació Comunitària de Sant Boi de Llobregat**

Carles Martí i Vilà, 7

Sant Boi de Llobregat

Spain

08830

**Study participating centre****Servei de rehabilitació comunitària de Santa Coloma de Gramenet**

President Company, 8

Santa Coloma de Gramenet

Spain

08921

**Study participating centre****Servei de Rehabilitació Comunitària de Les Corts**

Carrer de Galileu, 333

Barcelona

Spain  
08029

**Study participating centre**

**Servei de Rehabilitació Comunitària de Sarrià - Sant Gervasi**

Clos de Sant Francesc, 2-10

Barcelona

Spain

08034

**Study participating centre**

**Servei de Rehabilitació Comunitària de Tarragona**

Cartagena, 3

Tarragona

Spain

43004

**Study participating centre**

**Servei de Rehabilitació Comunitària de Tortosa**

Paüls, 7-9

Tortosa

Spain

43500

**Study participating centre**

**Servei de Rehabilitació Comunitària d'Amposta**

Saragossa, 26-38

Amposta

Spain

43870

**Study participating centre**

**Servei de Rehabilitació Comunitària de Lleida**

Henry Dunant, 1

Lleida

Spain

25003

**Study participating centre**

**Servei de Rehabilitació Comunitària de Manresa**

Nou de Santa Clara, 58, 1r

Manresa

Spain

08241

**Study participating centre****Servei de Rehabilitació Comunitària de Cerdanyola del Vallès**

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Spain

08290

**Study participating centre****Servei de Rehabilitació Comunitària de El Prat de Llobregat**

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08820

**Study participating centre****Servei de Rehabilitació Comunitària del Pallars**

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Tremp

Spain

25620

## Sponsor information

**Organisation**

University of Barcelona

**ROR**

<https://ror.org/021018s57>

## Funder(s)

**Funder type**

Government

**Funder Name**

Ministerio de Ciencia e Innovación (MCIN/AEI/10.13039/501100011033)

**Alternative Name(s)**

CienciaGob, Ministerio de Ciencia e Innovación de España, Ministry of Science and Innovation, Spanish Ministry of Science and Innovation, Ministry of Science and Innovation of Spain, Spain, Ministry for Science and Innovation, Ministeri de Ciència i Innovació, MCIN, MICINN

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

Spain

## Results and Publications

**Individual participant data (IPD) sharing plan**

Raw data, including individual participant data, will be shared at the repository CORA Portal de la Recerca de Catalunya (<https://portalrecerca.csuc.cat/>).

The data files that will be shared are: (a) the database of the study, containing anonymized participants' responses (.csv format); and (b) the coding book that accompanies the database (.pdf format). The database (a) will be accompanied by a coding book in which there will be documentation on correspondence between questionnaire items and variable names in the database, the definition of new variables generated after data collection (e.g., recoded variables), and the type of variable (e.g., nominal, ordinal). The database structure will conform to standards in the field (e.g., it will contain as many rows as participants and as many columns as variables in the study).

Standard vocabulary will be used to assign names, categories, keywords, etc. to files and variables. All files will conform to standard software formats (.csv and .pdf) since they are widespread use and allows data consultation by other users.

These two data files will be assigned to a Creative Commons license "Attribution-No Commercial 4.0 International (CC BY-NC 4.0)". This information will be specified at the repository, where terms of use will be described. Data citation will be provided, and proper credit will be requested.

Data will be uploaded to the repository CORA-Repository de Dades de Recerca (<https://dataverse.csuc.cat/>) 2 years after the end of the trial to ensure the necessary time to exploit the data, given the timing for the analysis and review of the data by scientific journals. A long-term data sharing and preservation plan will be used to store and make publicly accessible the data beyond the life of the project. Specifically, the data files will remain accessible for at least 10 years after the data are made available publicly at the CORA repository.

According to the CORA repository, for each of the two data files the following metadata will be created: dataset persistent ID (DOI number), publication date, title, author, contact information, description (i.e., a summary describing the purpose, nature and scope of the dataset), subject (i.e., domain-specific subject categories that are topically relevant to the dataset), keywords (i.e., key terms that describe important aspects of the dataset), topic classification (i.e., classification field using standard language, Thesaurus UB), related publication (i.e., publications that use the data), language, grant information, depositor, deposit date, date of collection, kind of data (i.e., type of data included in the file), and software. Data file versions will be registered at the repository using two-digit numbers (e.g., 1.0 to identify the first published version, 1.1 to identify the first modification, 1.2 to identify the second modification, and so on).

## IPD sharing plan summary

Stored in publicly available repository

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>		27/12/2022	28/12/2022	Yes	No
<a href="#">Participant information sheet</a>	Control group		05/07/2022	No	Yes
<a href="#">Participant information sheet</a>	Experimental group		05/07/2022	No	Yes
<a href="#">Protocol file</a>			05/07/2022	No	No