

Employment and health of people with severe mental illness

Submission date 19/03/2025	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 14/05/2025	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 17/02/2026	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol

Background and study aims

Employment is a critical pathway to recovery and community integration for people with psychotic experiences. It is a process that requires community support networks. The aim of this study was to evaluate non-vocational outcomes (symptomatology, hospital admissions, relapses, self-concept, quality of life and global functioning) when incorporating people with SMI to employment

Who can participate?

The inclusion criteria used were the following: age between 18 and 65 years, diagnosis of schizophrenia (DSM-5 TR), capacity to consent participation in the study, being clinically stable without acute psychotic symptoms or having been hospitalized during the last months, being followed by the public community mental health teams during the study and being motivated to obtain a job.

What does the study involve?

Our purpose is to know if in a context of high unemployment rates people with SMI, benefit in their results not vocations to obtain and maintain competitive employment with IPS, versus vocational Rehabilitation

What are the possible benefits and risks of participating?

None

Where is the study run from?

Canary Island (Tenerife). Spain

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

April 2024 to January 2025

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

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Additional identifiers

Study information

Scientific Title

The impact of employment on the health of people with severe mental disorder

Study objectives

In a context where the individual finds and maintains employment with the support of an evidence-based strategy, such as the individual placement and support (IPS) strategy, individuals with severe mental illness (SMI) who find employment will improve their non-vocational outcomes related to income, hospitalizations, and quality of life

Ethics approval required

Ethics approval required

Ethics approval(s)

Approved 01/04/2024, Universidad Europea De Canarias (La Orotava, Santa Cruz de Tenerife, 38005, Spain; +34 (0)609752202; nayra.caballero@universidadeuropea.es), ref: CI 2024-669

Primary study design

Interventional

Study design

Open community-based multicenter controlled experimental randomized study

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Severe mental illness

Interventions

Intervention group: Individual Placement and Support strategy, developed in the United States by Becker and Drake (Becker and Drake, 1993), which states that competitive employment should be as quickly as possible based on preferences, of people with SMI, integration with mental health team and employment technicians, followed with unlimited supports and zero exclusion.

Control group: the traditional vocational strategy. Understand it is better train skills and then place people with SMI.

The participants in this study were recruited from the Community Mental Health Teams (ECSM) and basic health areas.

The participants were recruited from the Community Mental Health Teams (ECSM) and basic health areas. A sample size of 24 patients per group was estimated, which was increased by 30% due to possible losses to follow-up, leaving a total of 32 patients per group.

A total of 557 participants were recruited from the mental health team and a total of 63 people met the selection criterion and were randomly and blindly assigned each group.

At baseline and at 6-month follow-up, different test batteries were used.

Intervention Type

Other

Primary outcome(s)

Measured at baseline and 6 months:

1. Self-concept: Test de autoconcepto AF5
2. Quality of life: Test de calidad de vida de Lancashire y Escala de Satisfacción con la Vida (ESV)
3. Test Groningen Social Disabilities Schedule (GSDS)
4. Autonomy: Escala de Evaluación Global de Funcionamiento (Test Global Assessment Scale, GAF)
5. Symptomatology: Positive and Negative Syndrome Scale; Escala de ansiedad-depresión (HADS)

Key secondary outcome(s)

Hospitalization: number of persons who during the last 6 months have been admitted to short- or medium-stay beds at the discretion of their regular psychiatrist measured using patient records

Completion date

20/01/2026

Eligibility

Key inclusion criteria

1. Have a diagnosis of schizophrenia according to DSM-5 criteria
2. Have the capacity to consent to voluntary participation in the study, after having been informed of its objectives
3. Be clinically stable, that is, have no acute psychotic symptoms and have not been hospitalized in the last few months
4. Be monitored by the USMC Psychiatry Service (Community Mental Health Unit) during the study
5. Be motivated to obtain regular employment

Participant type(s)

Service user

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 Years

Upper age limit

65 Years

Sex

All

Total final enrolment

Key exclusion criteria

1. Suffering from a common mental disorder (mood disorder) and/or other organic disorder
2. Having a history of head trauma with loss of consciousness
3. Pregnant

Date of first enrolment

20/06/2024

Date of final enrolment

28/06/2025

Locations**Countries of recruitment**

Spain

Study participating centre

Sinpromi

Calle Góngora

Santa Cruz De Tenerife

Spain

38005

Sponsor information**Organisation**

SINPROMI

ROR

<https://ror.org/040ehf661>

Funder(s)**Funder type**

Not defined

Funder Name

no funder

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other unpublished results			17/02/2026	No	No