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Effect of a contact-based education intervention on reducing stigma among community health and care staff in Beijing, China

Submission date
11/06/2020

Recruitment status
No longer recruiting

Registration date
18/06/2020

Overall study status
Completed

Last Edited
30/08/2022

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol
Background and study aims
Increasing evidence suggests that the stigma associated with mental illness is a powerful barrier to accessing mental health care worldwide. Consistent findings in high-income countries have shown that contact with people with mental illness is the most effective intervention to reduce stigma. However, little evidence is available at present on how to reduce stigma in low- and middle-income countries, including China. The aim of this pilot study is to assess how feasible an intervention to reduce stigma among the primary care and community healthcare staff through a contact-based education intervention.

Who can participate?
Staff from primary care centers, community committees, Civil Affairs, and the China Disabled Persons' Federation in the localities involved in the study: the Haidian District, Chaoyang District, and Fangshan District.

What does the study involve?
Participants will be randomly assigned to either receive a lecture on mental health stigma only or to receive a lecture followed by a session with patients. The lecture will last 1 to 1.5 hours health and patient contact session lasts 1 hour and involves contact with recovery patients with mental illness.

Participants will be interviewed and evaluated by researchers 4 times, each time lasting about 30 minutes. The interview evaluation will discuss background information about participants (such as age) and information on their knowledge, attitude, and behavior about stigma of mental illness and people with mental illness. These evaluations will take place before the lecture, after the lecture/lecture and sesssion, 1 month after intervention, 3 months after intervention.

What are the possible benefits and risks of participating?
A possible benefit of the study is that it will help participants to learn about mental illness and

may improve perceptions and understanding of people with mental illness. Participation may also help to develop appropriate strategies for the treatment of stigma surrounding mental illness and improve the lives and survival of people with mental illness and their families.

Discomfort may be caused by the content of the questionnaires completed by the participants. These are stated for the purpose of assessing stigma related to mental illness. If certain items in the scale cause discomfort, participants may refuse to answer.

Where is the study run from?
The study run from Peking University Sixth Hospital (China) and King's College London (UK).

When is the study starting and how long is it expected to run for?
From November 2016 to March 2019

Who is funding the study?
This study is supported by King's College London – Peking University Health Science Center Joint Institute for Medical Research.

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

Protocol serial number
ECEIRSCSBC01

Study information

Scientific Title
Effect of a contact-based education intervention on reducing stigma among community health and care staff in Beijing, China (ECEIRSCSBC): a pilot randomized controlled study

Acronym
ECEIRSCSBC

Study objectives
A contact-based education intervention reduces the stigma associated with mental illness more than a lecture to community health and care staff.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 07/02/2017, the Peking University Institutional Review Board (Room 501, Yifu Building, Peking University Health Science Center, No 38, Xueyuan Road, Haidian District, Beijing, 100191 China; llwyh@bjmu.edu.cn; +86 10 82805751), ref: IRB00001052-16077

Study design
Double-blind randomized controlled trial.

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Stigma associated with mental illness

Interventions
Participants had an equal probability of being assigned to the two groups. The coordinator in each site gave a study number to each participant according to the order in which informed consent was obtained. Using a computer-generated randomization a list was compiled through simple randomization, participants were randomly assigned (ratio 1:1) to the control or intervention group.

Those in the control group received the lecture alone without contact, while those in the intervention group were invited also to stay for a session that followed immediately after this, i. e. the contact session.

Participants will complete questionnaires regarding their knowledge, attitudes, and behavior regarding mental health before the lecture and then after either the lecture (control group) or the session (intervention group), and in face-to-face evaluation sessions at 1 and 3 months follow up.

Intervention Type

Behavioural

Primary outcome(s)
Mental health-related knowledge measured using the Mental Health Knowledge Schedule (MAKS) at baseline, immediately after the intervention, and after 1 and 3 months

Key secondary outcome(s))
1. Mental health-related attitudes measured using The Mental illness: Clinicians' Attitudes (MICA) at baseline, immediately after the intervention, and after 1 and 3 months
2. Intended behavior measured using the Reported and Intended Behaviour Scale (RIBS) at baseline, immediately after the intervention, and after 1 and 3 months

Completion date
28/03/2019

Eligibility

Key inclusion criteria
1. Staff from primary care centers, community committees, Civil Affairs, and China Disabled Persons' Federation
2. Aged between 18 and 60 years
3. More than one year of work experience
4. Literate

Participant type(s)
Health professional

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Total final enrolment
121

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
13/12/2018

Date of final enrolment
29/12/2018

Locations

Countries of recruitment
China

Study participating centre
Zhoukoudian Community Health Service Center
No 28 Zhoukoudian Street
Fangshan District
Beijing
China
102400

Study participating centre
Balizhuang Community Health Service Center
No 11 Yanjingxili
Chaoyang District
Beijing
China
100053

Study participating centre
Shangdi Hospital
No.6, Shucun West Road
Nongda South Road
Haidian District
Beijing
China
100084

Study participating centre
Malianwa sub-district office of the Haidian District People's Government
Yard 8, Malianwa Street
Haidian District
Beijing
China
100193

Sponsor information

Organisation
Peking University Sixth Hospital

ROR
https://ror.org/05rzcwg85

Funder(s)

Funder type
University/education

Funder Name
King's College London – Peking University Health Science Center Joint Institute for Medical Research

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are not expected to be made available due to constraints on the data sharing permissions of the samples included in this study, the trialists are not allowed to share the data for public use

IPD sharing plan summary
Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		01/07/2022	16/08/2022	Yes	No
Protocol file	in Chinese version 6		30/08/2022	No	No