

# VIP (Victim Improvement Package) Trial: helping older victims of crime with chronic symptoms of depression and or anxiety using a therapist delivered victim improvement package

<b>Submission date</b> 19/02/2016	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 03/08/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 28/07/2025	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Being the victim of common crime can affect people deeply, with many going on to develop mental health issues such as depression and anxiety. The social and physical problems associated with old age increase vulnerability, meaning that older victims are twice as likely to die or require residential care than people of the same age who have not been a victim of crime. Since 85% of depressed older people do not receive any specific treatment, this lack of care is also likely to apply to older victims of crime. Metropolitan Police reports suggest that over 26,000 common crimes were committed against older people in seven London boroughs between 2009 and 2010. In a previous study (Helping Aged Victims of Crime (HAVoC) study), older victims of crime were surveyed and it was found that a high proportion were suffering from anxiety and/or depression, which continued long after the crime took place. This led to the development of a Victim Improvement Package (VIP) for treating this type of distress. The aim of this study is to investigate the effectiveness of the VIP. This involves identifying older victims within a month of a crime who have significant psychological distress and directing them to sources of help, then to see if they have accessed any help and those who still have significant distress at 3 months after the crime are offered the opportunity to take part in a trial to see if we can prevent ongoing symptoms using a victim improvement package.

### Who can participate?

Victims of reported common serious crime aged 65 years or more, living in selected London boroughs, with depression and/or anxiety.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group continue to receive treatment as usual for the duration of the study. Those in the second group receive treatment as usual but also take part in the victim improvement package (VIP). The VIP package consists of up to 10 sessions of CBT which will involve talking about the crime that the participant experienced, being asked to keep a mood diary to identify unhelpful thoughts and

behaviour related to the crime and then tackling them so that they no longer cause distress. All participants complete a number of questionnaires three months after the crime (baseline) and then six and nine months after the crime to measure anxiety/depression levels.

What are the possible benefits and risks of participating?  
Not provided at time of registration.

Where is the study run from?  
University College London (UK)

When is the study starting and how long is it expected to run for?  
April 2014 to February 2024

Who is funding the study?  
National Institute for Health Research (UK)

Who is the main contact?  
Dr Marc Serfaty, m.serfaty@ucl.ac.uk

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Clinical Trials Information System (CTIS)**  
Nil known

**Protocol serial number**  
NIHR-PHR Project:13/164/32

## Study information

**Scientific Title**

The VIP trial: a randomised controlled trial of the clinical and cost effectiveness of a Victim Improvement Package (VIP) for the reduction of chronic symptoms of depression or anxiety in older victims of common crime

## **Acronym**

VIP

## **Study objectives**

A Victim Improvement Package plus treatment as usual is more clinically and cost effective at preventing chronicity of symptoms, of depression and/or anxiety, than treatment as usual in victims of common crime, aged 65 years or more.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

UCL Research Ethics Committee, 17/03/2016, ref: 6960/001

## **Study design**

Assessor-blinded randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

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

Depression and anxiety in older victims of crime

## **Interventions**

Three months post crime, a web-based randomisation by an independent clinical trials unit will allocate participants to either Treatment as Usual (TAU) or TAU plus up to 10 sessions of a CBT informed Victim Improvement Package, delivered over 3 months.

Control group: Participants continue to receive treatment as usual (TAU) alone of the duration of the study.

Intervention group: Participants receive the victim improvement package (VIP) in addition to treatment as usual. The VIP will consist of up to 10 manualised, individual sessions of modified CBT, delivered over 3 months in community based Mind facilities using a VIP manual. The VIP, tailored to the main presenting symptoms and used flexibly, will cover:

Session 1: A narrative of the crime, underlying beliefs, behaviours and how these have changed

Session 2: Psycho-education about crime and an introduction to CBT

Sessions 3-8: Mood diaries to identify unhelpful thinking and behaviours; guided discovery to challenge beliefs about crime, personal vulnerability and safety; behavioural experiments to challenge unhealthy avoidance

Sessions 9-10: Relapse prevention

Participants will be assessed at 6 months (post intervention) and 9 months (follow-up) post crime.

## Intervention Type

Mixed

## Primary outcome(s)

1. Depression is measured using the Beck Depression Inventory-II (BDI-II) at baseline (3 months post crime), 6 and 9 months post-crime
2. Anxiety is measured using the Beck Anxiety Inventory (BAI) at baseline (3 months post crime), 6 and 9 months post-crime

## Key secondary outcome(s)

1. Presence of a diagnosis of depression and/or anxiety is measured at baseline (3 months post crime), 6 months post-crime (post intervention)
2. Social functioning is measured using the Euroqol 5-D at baseline (3 months post crime), and post intervention and followup (6 and 9 months post-crime) respectively
3. Economic measures are collected using a modified Client Services Receipt Inventory (CSRI) will be collected at baseline (3 months post crime), and post intervention and followup (6 and 9 months post-crime) respectively

## Completion date

29/02/2024

## Eligibility

### Key inclusion criteria

1. Aged 65 years and over
2. Living in participating London boroughs
3. A MINI (Sheehan et al., 1998) DSM-IV diagnosis of depression (with or without anxiety) or anxiety attributed to the crime

### Participant type(s)

Other

### Healthy volunteers allowed

No

### Age group

Senior

### Lower age limit

65 years

### Sex

All

### Total final enrolment

131

### Key exclusion criteria

1. MINI diagnosis of schizophrenia, bipolar disorder and/or alcohol or drug dependency
2. Receipt of CBT in the last 6 months

3. Inability to participate in CBT because of language difficulties and/or Mini Mental State Score of <24 (significant cognitive impairment)

**Date of first enrolment**

01/02/2017

**Date of final enrolment**

02/08/2022

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University College London**

6th Floor

Maple House

149 Tottenham Court Road

London

United Kingdom

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## **Sponsor information**

**Organisation**

University College London

**ROR**

<https://ror.org/02jx3x895>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

National Institute for Health Research

**Alternative Name(s)**

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

Not provided at time of registration

### IPD sharing plan summary

Other

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		25/07/2025	28/07/2025	Yes	No
<a href="#">Protocol article</a>	protocol	16/04/2020	20/04/2020	Yes	No
<a href="#">Other publications</a>	Cross-agency working when conducting a pragmatic RCT for older victims of crime: our experiences and lessons learned	15/01/2025	20/01/2025	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes