

Can the 'Up2U' programme reduce violence by domestic abusers, and improve quality of life for victims?

Submission date 17/06/2015	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 19/06/2015	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 17/09/2021	Condition category Mental and Behavioural Disorders	☐ Individual participant data ☐ Record updated in last year

Plain English summary of protocol

Background and study aims.

Domestic abuse (DA) has major physical and emotional consequences for victims estimated to cost the UK economy £15.7bn per year. One woman in the UK is killed by her partner every five days, and 30% of women and 16% of men are exposed to DA in their lifetime. The health and social consequences for victim survivors and their children negatively affect work and society, and include poor physical health and an increased risk of depression, anxiety disorders, and problems with alcohol and drug abuse. The present study aims to evaluate a new programme for DA perpetrators building on what works with generally violent offenders. Existing DA programmes have not been shown to work, which may be because they focus on non-predictive factors such as educating men about power and control dynamics. The National Institute of Clinical Effectiveness (NICE, 2013) Guidelines recommended research to determine the effectiveness of tailored intervention programmes.

Who can participate?

Men that admit they use unhealthy behaviours in their current relationship and want to change these behaviours.

What does the study involve?

Participants are randomly assigned to one of three groups; the programme with risk assessment/monitoring; usual support with risk assessment/monitoring; or usual support without risk assessment/monitoring. Usual support includes referral to mental health or substance misuse services. The study compares the three groups on rates of violence at 12 months as recorded by the police or reported by the partner during the study period.

What are the possible benefits and risks of participating?

The benefit of participating is a change in behaviour in the participants via changes in underpinning thoughts and feelings, leading to improved quality of life for victims. There are no risks to participation other than the theoretical possibility of reduced disclosure by the victim due to wanting his/her partner to remain in treatment. Reassurances will be provided to partners to mitigate this possibility.

Where is the study run from?

Portsmouth City and Hampshire County Council premises (Havant, Gosport, and Fareham).

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

June 2015 to November 2021

Who is funding the study?

Funding is being sought

Who is the main contact?

Dr Dominic Pearson

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Contact information

Type(s)

Public

Contact name

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Contact details

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Additional identifiers

Study information

Scientific Title

Randomised controlled trial of the 'Up2U' domestic abuse perpetrator programme's impact on violence, costs, and quality of life for victims, compared to usual community support.

Study objectives

The aim of this study is to determine whether 'Up2U' will reduce violence by perpetrators and increase quality of life ratings of partners, compared to usual support only, i.e., the standard coordinated agency response, over a 12 month period.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Department of Psychology Ethics Committee, University of Portsmouth, 28/05/2015

Primary study design

Interventional

Study design

Interventional open randomised controlled trial with three study branches (to collapse to two, if no difference between the control arms)

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Perpetration of violence and abuse against an intimate partner, with physical and mental health consequences for the victim/survivor.

Interventions

Up2U: Creating Healthy Relationships is a modular group-work therapy programme of six to nine months duration delivered in the community to voluntary referrals, supplementing usual support. Up2U was developed by Portsmouth City Council based on the principles of effective practice in offender rehabilitation, including the training and reinforcement of cognitive skills to moderate the associated underpinning dynamic risk factors for violence. The control arms will simply comprise usual community support with risk assessment and monitoring as for the intervention arm, and without assessment and monitoring. If usual support with assessment and monitoring is no different on the primary outcome measures to usual support alone then the two arms will be collapsed to produce a simple two armed trial. Usual support includes fragmented agency support for relevant needs, which may or may not be coordinated by a multi-agency community panel (e.g., MARAC).

Intervention Type

Behavioural

Primary outcome(s)

Violent re-offending at 12 months as indexed by the frequency of official reports (arrests or cautions), or partner reports (police distress calls).

Key secondary outcome(s)

1. Partner Quality of Life rated at 6 and 12 months using the SF-12 and the EQ-5D
2. Risk of Re-offending as assessed at 6 and 12 months using the LS/RNR

Completion date

30/11/2021

Eligibility

Key inclusion criteria

1. To be eligible for referral a person must accept that they use abusive or unhealthy behaviours in their relationship and want to change these behaviours.
2. Referrals must be adult males or females in a relationship, including same sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Major mental health or substance misuse problems that preclude participation will need to be stabilised prior to assignment to intervention. These clients can be re-screened for inclusion by re-referral via the substance misuse or mental health professional once they have assessed the client as stable.

Date of first enrolment

01/07/2015

Date of final enrolment

15/11/2018

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

University of York

Heslington

York

United Kingdom

YO10 5DD

Sponsor information**Organisation**

University of Portsmouth

ROR

<https://ror.org/03ykbk197>

Organisation

University of York

ROR

<https://ror.org/04m01e293>

Funder(s)

Funder type

Not defined

Funder Name

Being sought

Results and Publications

Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other publications	paper introducing the intervention and the evaluation plan:	09/07/2018		Yes	No