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# Text messages to support the well being of patients with severe mental health problems

| Submission date | Recruitment status | [X] Prospectively registered |
|---|---|---|
| 12/05/2011 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 01/08/2011 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 17/07/2017 | Mental and Behavioural Disorders | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**Protocol serial number**
132581

## Study information

**Scientific Title**
Mobile telephone text messages to encourage compliance with medication and to follow up with people with psychosis: a multi-centre randomised controlled two-armed trial

## Acronym
Mobile.Net

## Study objectives
SMS use will reduce service use of people with serious mental illness whose use of services has been high.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Ethics Committee of The Hospital District of Southwest Finland, 16/12/2010, ref: 109/180/2010

## Primary study design
Interventional

## Study design
Multi-centre randomised controlled two-armed trial

## Study type(s)
Treatment

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

## Interventions
Intervention group will receive the SMS messages (a semi-automatic system) at out-patient care after their discharge from acute psychiatric in-patient care. The SMS messages to the patients will continue for the end of the study period or until they wish these messages to stop. The intervention will be consumer-led rather than researcher-led to increase acceptability of the prompt. Therefore, the format and frequency of the messages to be sent will be all agreed with the patient. For example, patients choose text messages content areas related to their medication and/or keeping appointments. Additionally, they can choose messages related to other daily issues (e.g. taking care of hygiene, physical exercise, nutrition, day routines, wearing, avoiding danger, communication, taking care of pets, following rules, hobbies, work or other activities, house hold, symptom management or other supporting messages). The content of the messages mentioned have been designed by patients in rehabilitative units in Finland. Patients /their career can inform the Data Manager who can change the system based on patients' wishes. In addition, patients in intervention group receive standard care with face-to-face sessions with staff.

Patients in control group ('treatment as usual') receive standard care.

Total duration of treatment: 12 months, total duration of follow-up: 12 months

## Intervention Type
Other

## Phase
Not Applicable

### Primary outcome(s)
Admission to psychiatric hospital (register data). Data collection will take 12 months follow-up from baseline

### Key secondary outcome(s)
1. Use of social and health care services. Data collection will take 12 months follow-up from baseline:
1.1. Involuntary treatment in psychiatric hospital (register data)
1.2. Use of coercive measures (register data)
1.3. Use of specialiced mental health in- and out-patient care (register data)
1.4. Use of primary health care, health care centers (register data)
1.5. Use of reimbursements of National Health Insurance (register data)
2. Adverse events (register data). Data collection will take 12 months follow-up from baseline
3. Patient requests to stop the text-messages. Data collection will take 12 months follow-up from baseline
4. Drop-outs, data collection will take 12 months follow-up from baseline
5. Quality of life (Q-Les-Q, Endicott ym. 1993, 14 questions). Data collection will take 12 months follow-up at two points: at baseline and at 12 months
6. Satisfaction with treatment Client Satisfaction Questionnaire (CSQ-8). Data collection will take 12 months follow-up at two points: at baseline and at 12 months

### Completion date
31/12/2013

## Eligibility

### Key inclusion criteria
1. Aged 18 - 65 years, either sex
2. Antipsychotic medication
3. Discharged from psychiatric hospital
4. Have mobile phone
5. Able to use Finnish language
6. Able to give written informed consent to participate

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 Years

### Sex
All

### Key exclusion criteria

1. Unable to use the Finnish language
2. Unable to give written informed consent to participate
3. Planned non-acute treatment period or visit in-psychiatric hospital
4. Forensic patients

### Date of first enrolment
05/09/2011

### Date of final enrolment
31/12/2013

## Locations

### Countries of recruitment
Finland

### Study participating centre
**University of Turku**
Turku
Finland
20014

## Sponsor information

### Organisation
Academy of Finland (Finland)

### ROR
https://ror.org/05k73zm37

## Funder(s)

### Funder type
Hospital/treatment centre

### Funder Name
Academy of Finland (Finland) ref: 132581

### Alternative Name(s)
Academy of Finland, Suomen Akatemia, Finlands Akademi, AKA

### Funding Body Type

Government organisation

**Funding Body Subtype**
Research institutes and centers

**Location**
Finland

**Funder Name**
Satakunta Hospital District, EVO (Finland) ref: 12/2010, 81096

**Funder Name**
South-West Hospital District, EVO (Finland) ref: 13893

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

## Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/10/2015 | | Yes | No |
| Results article | results | 09/11/2015 | | Yes | No |
| Results article | results | 21/02/2017 | | Yes | No |
| Results article | results | 12/07/2017 | | Yes | No |