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An analysis of 1+2+1 interventions (a brief therapy model) and its applications to a community mental health team (CMHT) setting

Submission date	Recruitment status	[ ] Prospectively registered
23/01/2004	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
23/01/2004	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
24/10/2019	Mental and Behavioural Disorders	[ ] Record updated in last year

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
RMH37

Study information

Scientific Title
An analysis of 1+2+1 interventions (a brief therapy model) and its applications to a community mental health team (CMHT) setting

Study objectives
The objective is to test the hypothesis 'There is no significant difference in outcomes between limited interventions (i.e. 1+2+1) and non-limited interventions approaches to a specific team'. We are assessing a model of care and service delivery for suitability in treating people with stress /specific problem related issues. This is in order to safely decrease input/resources for individuals whose difficulties are less severe than those with enduring mental illness. At point of referral clients for whom the approach may be suitable are identified. They will be assessed at first appointment and if suitability is confirmed they will be randomly allocated to either a study group or a control group. The amount of care input into the control group would be variable with a traditional 'open-ended' number of sessions whilst input into the study group would be limited to three further sessions. Assessments would be made on both groups and the results compared.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Mental and behavioural disorders: depression, anxiety, neuroses

Interventions
1. Limited intervention
2. Non-limited intervention

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Not provided at time of registration

Key secondary outcome(s)
Not provided at time of registration

Completion date
30/09/1997

Eligibility

Key inclusion criteria
Not provided at time of registration

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Not Specified

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
10/01/1995

Date of final enrolment
30/09/1997

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Airedale NHS Trust
Bingley
United Kingdom
BD16 2RJ

Sponsor information

Organisation
NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
NHS Executive Northern and Yorkshire (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration