

Using angling to improve mental health in military veterans with post-traumatic stress disorder

Submission date 27/05/2022	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 07/06/2022	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 13/07/2022	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

The aim of this study is to test whether angling in a natural and social setting will improve the mental health of military veterans with post-traumatic stress disorder (PTSD). Anyone who has experienced a traumatic event or episode in their life might develop PTSD but it is particularly noted in military veterans who have seen combat. PTSD is characterised by persistently feeling under threat and experiencing vivid memories, nightmares and 'flashbacks' of the trauma that may occur at any time.

Many people with PTSD avoid thinking or talking about their trauma, and situations that could provoke anxiety. This often results in losing partners, friends and employment. Despite this, people with PTSD, especially military veterans, often do not seek help or drop out early if they do. The aim of this study is to evaluate a new, engaging way to help people with PTSD recover their wellbeing. The researchers have worked with veterans who have lived with PTSD for many years and with veterans' support charities to develop a new intervention.

Who can participate?

Military veterans with PTSD

What does the study involve?

The new intervention involves learning to fish and socialising in small groups in a tranquil, rural setting. It takes place over the course of 2 days and 1 night. The idea behind this approach is threefold: First, being amongst people with similar experiences makes it easier to share concerns and memories. Second, natural environments are restorative and free from attention-grabbing triggers (such as unpredictable urban sounds that trigger flashbacks). Third, developing a skill encourages post-traumatic growth.

What are the potential risks and benefits of taking part?

The benefits may include a decrease in symptoms associated with PTSD and other conditions such as anxiety and depression and an increase in a positive feeling of wellbeing and collegiality.

Risks include the usual hazards associated with being outside in nature by the waterside (e.g. slips, trips and falls; waterside safety; immersion in water; waterborne infections; exposure to animal waste; thunder and lightning).

Where is the study run from?
University of Essex (UK)

When is the study starting and how long is it expected to run for?
January 2022 to November 2022

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

Who is the main contact?
Dr Nick Cooper
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Contact information

Type(s)
Principal investigator

Contact name
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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

Protocol serial number
NIHR203435

Study information

Scientific Title
A nature-based intervention to improve mental health: efficacy of an angling intervention for military veterans with post-traumatic stress disorder

Study objectives

A nature-based, group-delivered angling intervention improves the mental health of military veterans with post-traumatic stress disorder (PTSD) relative to controls.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 14/03/2022, University of Essex Ethics Committee (REO Research Governance Team, University of Essex, Wivenhoe Park, Colchester, CO4 3SQ, UK; +44 (0)1206 872169; reo-governance@essex.ac.uk), ref: ETH2122-0861

Study design

Single-centre interventional single-blinded randomised wait-list controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Post-traumatic stress disorder

Interventions

Participants engage in a 2-days/1-night social fishing event in a natural setting. Participants are randomised into either the fishing group or a waitlist control group (do nothing during primary data collection), who then engage in the fishing intervention at a later date. Simple randomisation is used with stratification (gender, PCL-5 score).

Intervention Type

Behavioural

Primary outcome(s)

PTSD symptoms measured using the Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5) at baseline, 2 weeks and 4 weeks post intervention.

Key secondary outcome(s)

Measured at baseline, 2 weeks and 4 weeks post intervention:

1. Anxiety measured with the Generalised Anxiety Disorder Assessment (GAD-7)
2. Depression measured with the Patient Health Questionnaire (PHQ)-9
3. Psychological growth measured using the Psychological Wellbeing Post-Traumatic Changes Questionnaire
4. General social functioning measured using the Work and Social Adjustment scale
5. Wellbeing measured using the Warwick-Edinburgh Mental Wellbeing Scale
6. Loneliness measured using the UCLA Loneliness Scale and the emotional Loneliness Scale

Completion date

07/11/2022

Eligibility

Key inclusion criteria

Military veteran with PTSD

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Not a military veteran
2. Currently undergoing psychotherapy

Date of first enrolment

06/06/2022

Date of final enrolment

08/08/2022

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

University of Essex

Wivenhoe Park

Colchester

United Kingdom

CO4 3SQ

Sponsor information**Organisation**

University of Essex

ROR

<https://ror.org/02nkf1q06>

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

Anonymised data will be shared in a publically available repository, the OSF data repository (<https://osf.io/>). The researchers will store fully anonymised raw SPSS data files. Consent for this is in the PIS and ethics forms. Data will be available after publication and will be freely available at any time thereafter from OSF.

IPD sharing plan summary

Stored in publicly available repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Study website	Study website	11/11/2025	11/11/2025	No	Yes