

Interactive group art therapy as an adjunctive treatment for people with schizophrenia

Submission date 05/06/2006	Recruitment status No longer recruiting	☒ Prospectively registered ☒ Protocol
Registration date 10/07/2006	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 12/07/2016	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol

Background and study aims

Schizophrenia is a severe mental illness that causes considerable distress and can damage other aspects of a person's life. People with schizophrenia often find it difficult to express themselves and their social functioning (their ability to look after themselves and get on with others) may also suffer. While medication can help to reduce these problems, many people continue to experience symptoms despite taking regular medication. Art therapy is a form of psychotherapy that may be particularly helpful for people who find it difficult to express themselves verbally. It is usually delivered in groups of up to eight people held weekly over a period of several months or years. Recent research has shown that group art therapy may improve the mental health of people with schizophrenia but studies have been too small to be sure whether it really makes a difference compared to other groups that are often used as part of the care that services usually provide. We would therefore like to carry out a larger study in which we examine the mental health, social functioning, and cost-effectiveness of art therapy for people with schizophrenia.

Who can participate?

Patients aged over 18 with schizophrenia

What does the study involve?

Participants are randomly allocated to receive either usual care, usual care plus a place in a weekly activity group, or usual care plus weekly group art therapy. Those allocated a place in the activity group or usual care are offered art therapy at the end of the study.

What are the possible benefits and risks of participating?

This study will help us learn more about the forms of psychological intervention that help people with this important condition.

Where is the study run from?

University College London (UK)

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

November 2006 to October 2010

Who is funding the study?
Health Technology Assessment Programme (UK)

Who is the main contact?
Dr Helen Killaspy
h.killaspy@medsch.ucl.ac.uk

Contact information

Type(s)
Scientific

Contact name
Dr Helen Killaspy

Contact details
Department of Mental Health Sciences
University College London
Second Floor
Royal Free Hospital
London
United Kingdom
NW3 2PF
+44 (0)207 794 0500 ext 33719
h.killaspy@medsch.ucl.ac.uk

Additional identifiers

Protocol serial number
HTA 04/39/04

Study information

Scientific Title
Interactive group art therapy as an adjunctive treatment for people with schizophrenia

Acronym
MATISSE

Study objectives
1. Among people with schizophrenia, adjunctive interactive group art therapy is associated with improved global functioning at 24 months compared to attention control treatment or standard care alone.
2. In the treatment of people with schizophrenia in secondary care settings, adjunctive interactive group art therapy is more cost-effective than attention control treatment or standard care alone.

More details can be found at: <http://www.nets.nihr.ac.uk/projects/hta/043904>
Protocol can be found at: http://www.nets.nihr.ac.uk/__data/assets/pdf_file/0017/51092/PRO-04-39-04.pdf

Ethics approval required

Old ethics approval format

Ethics approval(s)

Cambridgeshire 1 Research Ethics Committee (formerly Huntingdon Research Ethics Committee), 08/09/2006, ref: 06/Q0104/82

Primary study design

Interventional

Study design

Three-arm parallel non-blinded randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Schizophrenia

Interventions

The trial has three arms. As well as the intervention group (group art therapy) there are two other arms: attention control and treatment as usual. The attention control includes activity groups which will function in terms of structure, number of facilitators and number of participants in a similar manner to the group art therapy i.e. they will run weekly for 90 minutes with eight members and two facilitators. They will involve any activity with the exception of anything that uses art or art materials e.g. outings, current affairs discussion, newspaper groups, games etc. The treatment-as-usual arm will have no specific intervention.

Intervention Type

Behavioural

Primary outcome(s)

Global functioning assessed using the Global Assessment of Functioning Scale

Key secondary outcome(s)

1. Symptoms assessed using the Positive and Negative Syndrome Scale
2. Medication concordance will be assessed using the Morisky Scale
3. Quality of life will be assessed using Euroqol EQ-5D
4. Service costs will be assessed using the Client Service Receipt Inventory
5. Social function using the Social Function Schedule
6. Wellbeing will be assessed using the Psychological General Well Being Index
7. Satisfaction with services will be assessed using the Client Satisfaction Questionnaire
8. Engagement with services will be assessed using the Service Engagement Scale
9. Occupational and housing status
10. Adverse events

Completion date

31/10/2010

Eligibility

Key inclusion criteria

All those treated by secondary mental health services in the four study centres who are aged over 18 years and have a clinical diagnosis of schizophrenia, confirmed by an examination of case notes using operationalised criteria (OPCRIT), will be eligible to take part in the study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

1. Patients who are unwilling to provide written informed consent
2. Patients who speak insufficient English and are not able to complete baseline assessment
3. Have severe cognitive impairment
4. Are already receiving art therapy or any other art therapies (music therapy, drama therapy, or dance/ movement therapy)

Date of first enrolment

01/11/2006

Date of final enrolment

31/10/2010

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

University College London

London

United Kingdom

NW3 2PF

Sponsor information

Organisation

Imperial College London (UK)

ROR

<https://ror.org/041kmwe10>

Funder(s)

Funder type

Government

Funder Name

Health Technology Assessment Programme

Alternative Name(s)

NIHR Health Technology Assessment Programme, Health Technology Assessment (HTA), HTA

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

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	28/02/2012		Yes	No
Results article	results	01/08/2012		Yes	No
Protocol article	protocol	27/08/2010		Yes	No