

# Impact of receiving recorded mental health recovery narratives on quality of life in people experiencing non-psychosis mental health problems (NEON-O Trial)

<b>Submission date</b> 02/12/2019	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 09/01/2020	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 11/02/2026	<b>Condition category</b> Mental and Behavioural Disorders	<input checked="" type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Mental health recovery narratives are people's stories of recovery from mental health problems. Recovery narratives can be presented in a form that cannot change, such as text, audio or video, in which case we have called them "recorded" recovery narratives.

The Narrative Experiences Online (NEON) study has been investigating whether receiving recorded mental health recovery narratives can improve quality of life for people affected by mental health difficulties. NEON has identified a range of potential benefits, including feeling more hopeful or connected to others, and learning about other people's experiences. NEON is currently being trialled in individuals with experience of psychosis to investigate whether receiving access to mental health recovery narratives can provide benefits (<http://www.isrctn.com/ISRCTN11152837>).

Our research suggests that any benefits of receiving recovery narratives might not be specific to a mental health experience or diagnosis. We are interested in understanding whether the NEON Intervention needs to be specialised to a group of people with similar experiences (as in the NEON Trial) or whether it can be used across a broad population. In parallel with the NEON Trial, we are also conducting the NEON-O Trial, where O refers to Other. NEON-O invites participation from people with experience of any mental health problem other than psychosis.

### Who can participate?

People aged 18 years or over, who have experienced distress associated with mental health concerns in the past 6 months and have experience of mental health problem other than psychosis in the past 5 years. Participants need to be competent in English, and can use a computer or smartphone (with support if needed). Participants do not need to have received any medical support for their mental health difficulties; no diagnosis is required, and we welcome participation from people who reject the concept of diagnosis.

### What does the study involve?

Taking part in NEON-O will involve being randomly allocated to either receive access to the

NEON Intervention, an interactive website providing access to hundreds of recovery narratives, or to receive access to the NEON Intervention after one year. Participants can use the NEON Intervention as much or as little as they want. At four points during the year, participants will need to provide some information about themselves and their experiences, using some online forms, they may also be invited to take part in an interview about their experiences, and their usage of the NEON Intervention will be logged. Results will be published in publications which are available to all.

What are the possible benefits and risks of participating?

Benefits include obtaining access to a diverse set of recovery narratives assembled by the NEON study team, and making a contribution to research which will shape clinical practice. Some recovery narratives might help participants feel more hopeful about their own future, or more connected to others with similar experiences. People can sometimes experience distress as they read, watch or listen to a recovery narrative, but this is typically short-lived. There is some evidence that encountering descriptions of self-harm in recovery narratives might contribute to recipients emulating these behaviours if they are at risk of self-harm.

Where is the study run from?

The study is run from 12 sites.

1. Nottinghamshire Healthcare NHS Foundation Trust (UK)
2. Sussex Partnership NHS Foundation Trust (UK)
3. Lincolnshire Partnership NHS Foundation Trust (UK)
4. East London NHS Foundation Trust (UK)
5. South London and Maudsley NHS Foundation Trust (UK)
6. Derbyshire Healthcare NHS Foundation Trust (UK)
7. Devon Partnership NHS Foundation Trust (UK)
8. North East London NHS Foundation Trust (UK)
9. Oxford Health NHS Foundation Trust (UK)
10. Leicestershire Partnership NHS Trust (UK)
11. Cornwall Partnership NHS Foundation Trust (UK)
12. Somerset Partnership NHS Foundation Trust (UK)

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

The NEON-O Trial opened on 9th March 2020, and participants can currently join the trial up until 30th April 2021.

Who is funding the study?

The National Institute for Health Research (NIHR) in the United Kingdom.

Who is the main contact?

Dr Stefan Rennick-Egglestone  
stefan.egglestone@nottingham.ac.uk

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Stefan Rennick-Egglestone

**ORCID ID**

<https://orcid.org/0000-0003-4187-011X>

**Contact details**

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**Additional identifiers****Integrated Research Application System (IRAS)**

249015

**Study information****Scientific Title**

The NEON-O Trial: a two-arm randomised controlled trial in which people with experience of non-psychosis mental health problems receive access to (arm 1) versus receive 1 year delayed access to (arm 2) recorded mental health recovery narratives delivered online, with quality of life as a primary outcome, and hope, empowerment, meaning in life and symptomatology as secondary outcomes

**Acronym**

NEON-O Trial

**Study objectives**

Current study hypothesis as of 25/11/2020:

Participants receiving access to mental health recovery narratives will have a clinically-important increase in quality of life at 1-year follow-up compared with those not receiving access to mental health recovery narratives in this period.

Previous study hypothesis:

This is a feasibility trial which will develop knowledge to support the design of a future definitive trial.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 13/12/2019, Leicester Central Research Ethics Committee (The Old Chapel, Royal Standard Place, Nottingham, NG1 6FS; Tel: +44 (0)207 104 8234; Email: NRESCommittee.EastMidlands-LeicesterCentral@nhs.net), REC ref: 19/EM/0326

**Study design**

Interventional randomized controlled trial with no masking delivered online with recruitment across England control of treatment as usual for one year followed by access to the intervention and 1:1 randomised allocation

### **Primary study design**

Interventional

### **Study type(s)**

Other

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

Mental health

### **Interventions**

Participants will access the stories through an online interface called the NEON Intervention. The NEON Intervention draws on stories in the NEON Collection. This has been assembled from published to stories for which we have collected consent for use, and from donations of stories directly to the study.

Equal allocation across arms.

Arm 1: treatment as usual plus access to a collection of recorded recovery stories presented online for one year.

Arm 2: treatment as usual for one year, followed by access to recorded recovery narratives

Randomisation:

In advance of trial start, an independent statistician will generate a file of random numbers, with properties as described in our protocol. This will be uploaded to the online interface, and used to randomly allocate participants.

### **Intervention Type**

Other

### **Primary outcome(s)**

Manchester Short Assessment (MANSA) of health-related quality of life, captured at 1 week, 12 weeks and 52 weeks (primary endpoint) after baseline.

### **Key secondary outcome(s)**

Secondary outcome measures will be assessed at baseline, one week, 12 weeks and 52 weeks after baseline:

1. Hope will be assessed through the Herth Hope Index
2. Meaning in Life will be assessed through the Meaning in Life Questionnaire
3. Empowerment will be assessed through the Mental Health Confidence Scale
4. Symptomatology will be assessed through the CORE-10

### **Completion date**

22/09/2022

## **Eligibility**

### **Key inclusion criteria**

1. Aged 18 years and above
2. Any gender
3. Experience of mental health problem other than psychosis in the last five years
4. Experience of mental health-related distress in previous 6 months
5. Resident in England
6. Able to understand written and spoken English
7. Able to access or be supported to access the internet
8. Able to give online informed consent.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Lower age limit**

18 years

**Upper age limit**

120 years

**Sex**

All

**Total final enrolment**

1023

**Key exclusion criteria**

1. If included in the NEON Trial (ISRCTN number: ISRCTN11152837)

**Date of first enrolment**

09/03/2020

**Date of final enrolment**

26/03/2021

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

Nottinghamshire Healthcare NHS Foundation Trust

Duncan MacMillan House, Porchester Road

Nottingham  
England  
NG3 6AA

**Study participating centre**  
**Sussex Partnership NHS Foundation Trust**  
Swandean Arundel Road  
Worthing  
England  
BN13 3EP

**Study participating centre**  
**Lincolnshire Partnership NHS Foundation Trust**  
St George's Long Leys Road  
Lincoln  
England  
LN1 1FS

**Study participating centre**  
**East London NHS Foundation Trust**  
Robert Dolan House Trust Headquarters 9 Alie Street  
London  
England  
E1 8DE

**Study participating centre**  
**South London and Maudsley NHS Foundation Trust**  
Bethlem Royal Hospital Monks Orchard Road  
Beckenham  
England  
BR3 3BX

**Study participating centre**  
**Derbyshire Healthcare NHS Foundation Trust**  
Ashbourne Centre Kingsway Hospital Kingsway  
Derby  
England  
DE22 3LZ

**Study participating centre**  
**Devon Partnership NHS Foundation Trust**  
Wonford House Dryden Road  
Exeter  
England  
EX2 5AF

**Study participating centre**  
**North East London NHS Foundation Trust**  
The West Wing  
CEME Centre  
Marsh Way  
Rainham  
England  
RM13 8GQ

**Study participating centre**  
**Oxford Health NHS Foundation Trust**  
Warneford Hospital  
Warneford Lane  
Headington  
Oxford  
England  
OX3 7JX

**Study participating centre**  
**Leicestershire Partnership NHS Trust**  
HQ Bridge Park Plaza  
Bridge Park Road  
Thurmaston  
Leicester  
England  
LE4 8PQ

**Study participating centre**  
**Cornwall Partnership NHS Foundation Trust**  
Carew House  
Beacon Technology Park  
Dunmere Road  
Bodmin  
England  
PL31 2QN

**Study participating centre**  
**Somerset Partnership NHS Foundation Trust**  
2nd Floor, Mallard Court  
Express Park  
Bristol Road  
Bridgwater  
England  
TA6 4RN

## Sponsor information

**Organisation**  
Nottinghamshire Healthcare NHS Foundation Trust

## Funder(s)

**Funder type**  
Not defined

**Funder Name**  
National Institute for Health Research

## Results and Publications

### Individual participant data (IPD) sharing plan

Current participant level data sharing statement as of 20/10/2023:

Data access is controlled to protect the confidentiality of trial participants, and in particular to avoid re-identification through combination of multiple data files. Data will be available on reasonable request until the end of the retention period, supervised by the study sponsor. After the retention period, availability through the study sponsor or Chief Investigator may be provided at their discretion. Contact the study sponsor through [Research@nottshc.nhs.uk](mailto:Research@nottshc.nhs.uk) citing IRAS ID 249015. To obtain access, an end-user license must be signed by an authorised representative. Requests can be denied if the sponsor has reason to believe that the requestor has malicious intent, and whilst research publications are being generated by the study team or investigators. Only anonymous and pseudonymous elements of the datasets used or analysed during the study will be available. Informed consent information has been retained for audit but will not be shared. Some categories of demographic data will be redacted to avoid re-identification. A data dictionary will be provided.

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Previous participant level data sharing statement:

Enquiries should be addressed to [m.slade@nottingham.ac.uk](mailto:m.slade@nottingham.ac.uk) or to the Research and Innovation department of the study sponsor, Nottinghamshire Healthcare NHS Foundation Trust. The trialists will provide a statement clarifying data availability in their published trial protocol.

## IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		01/02/2024	13/02/2024	Yes	No
<a href="#">Protocol article</a>	protocol	20/07/2020	22/07/2020	Yes	No
<a href="#">Protocol article</a>	updated protocol	29/01/2022	31/01/2022	Yes	No
<a href="#">HRA research summary</a>			26/07/2023	No	No
<a href="#">Interim results article</a>	Baseline data analysis	27/06/2023	13/07/2023	Yes	No
<a href="#">Other publications</a>	Development and delivery cost	07/11/2022	27/06/2023	Yes	No
<a href="#">Other publications</a>	Effectiveness and cost-effectiveness of online recorded recovery narratives in improving quality of life for people with psychosis experience (NEON Trial): a pragmatic randomised controlled trial	23/10/2024	11/02/2026	Yes	No
<a href="#">Other publications</a>	Recorded Mental Health Recovery Narratives as a Resource for People Affected by Mental Health Problems: Development of the Narrative Experiences Online (NEON) Intervention	27/05/2021	11/02/2026	Yes	No
<a href="#">Statistical Analysis Plan</a>		20/05/2023	22/05/2023	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes