ISRCTN69299093 https://doi.org/10.1186/ISRCTN69299093

Relatives Education And Coping Toolkit (REACT)

Submission date	Recruitment status	[ ] Prospectively registered
29/04/2010	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
29/04/2010	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
03/06/2014	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
5671

Study information

Scientific Title
An evaluation of the feasibility and effectiveness of a supported self management package for relatives of people with recent onset psychosis

Acronym
REACT

Study objectives
The main aims are as follows:
Phase 1: To finalise a cognitive behavioural therapy (CBT) orientated self management intervention for relatives of people with recent onset psychosis
Phase 2: To determine the acceptability, feasibility and effectiveness of offering this intervention in an NHS Early Intervention Service for psychosis (EIS). To identify service user preferences for mode of delivery and method of use.
Phase 3: To modify the intervention in light of service user feedback and develop guidelines to disseminate and implement the intervention throughout the NHS

Ethics approval required
Old ethics approval format

Ethics approval(s)
Sefton Research Ethics Committee, 21/08/2008, ref: 08/H1001/147

Study design
Randomised interventional treatment trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Topic: Mental Health Research Network; Subtopic: Psychosis; Disease: Psychosis

Interventions
Relatives randomised to the intervention arm will then meet with the relative support worker. This meeting will introduce them to the self management materials and discuss the format of support they will receive. Relatives will be given a choice of support including email, telephone and skype. These are all easy to set up and operate and are likely to increase the accessibility of the intervention. The package will be based on existing evidence based interventions.

Follow up length: 6 months.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Self management intervention, measured with the General Health Questionnaire at baseline and at 6 months follow-up.

Key secondary outcome(s))
1. Carer Wellbeing and Support Scale
2. Experience of Caregiving Inventory
3. Relatives needs assessment

4. Service satisfaction
5. Relationship quality, measured using the Lobell Scale
6. Herth Hope Index

All measures are completed at baseline and at 6 months follow-up.

Completion date
01/06/2012

Eligibility

Key inclusion criteria
1. Aged 18 years or older, either sex
2. Relative of individuals receiving input from Early Intervention Services for psychosis in participating trusts

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
1. Aged less than 18 years
2. Difficulty understanding written and spoken English

Date of first enrolment
01/09/2009

Date of final enrolment
01/06/2012

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Associate Director of Spectrum Centre
Lancaster
United Kingdom
LA1 4YQ

Sponsor information

Organisation
Lancashire Care NHS Trust (UK)

ROR
https://ror.org/03zefc030

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) Programme

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	16/06/2011		Yes	No
Results article	results	01/11/2013		Yes	No