

Evaluation of the impact of a PsychoEducational intervention on knowledge levels and Psychological outcomes for schizophrenic patients and their carers in Jordan

Submission date 27/11/2013	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 16/12/2013	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 27/10/2015	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol

Background and study aims

Schizophrenia is one of the most serious forms of mental illness among people being treated in psychiatric clinics in developing and developed countries, and can be chronic , recurrent, disabling and debilitating (affecting the ability to carry on with regular activities). The aims of this study are to examine the effectiveness of delivering a psychoeducational intervention, in booklet form, on schizophrenia knowledge of patients and caregivers, positive and negative schizophrenia symptoms, relapse rate of patients, burden of care, and quality of life of caregivers.

Who can participate?

The study aims to recruit about 144 men and women living with schizophrenia or schizoaffective disorder and their primary caregivers, age > 18 years from outpatient clinics in four mental health clinics in Jordan.

What does the study involve?

At baseline (before the start of the intervention), participants were invited to sign a consent form and complete baseline measures (knowledge level, schizophrenia symptoms and relapse rate). Baseline measures for carers are knowledge level, burden of care and quality of life. Participants were randomly allocated to one of two groups: participants in the intervention arm of the study received a psychoeducation booklet each fortnight plus treatment as usual in the clinic for 12 weeks. On the other hand, participants in control group received treatment as usual in the outpatient clinic for 12 weeks. The outcomes were again measured at the end of the treatment and at three months follow-up.

What are the possible benefits and risks of participating?

Potential benefits from this study include increasing patients' knowledge about schizophrenia,

improved positive and negative symptoms associated with schizophrenia and reduced relapse rate. Potential benefits to caregivers are improved quality of life, enhanced knowledge level and reduced burden of care.

Where is the study run from?

In the four major outpatient clinics for mental health in Jordan.

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

Recruitment started at the end of 2012. Participants were enrolled on the study for a period of 6 months.

Who is funding the study?

Islamic Development Bank (Saudi Arabia).

Who is the main contact?

Professor Patrick Callaghan

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Contact information

Type(s)

Scientific

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Study information

Scientific Title

Evaluation of the impact of a PsychoEducational intervention on knowledge levels and Psychological outcomes for people diagnosed with schizophrenia and their carers in Jordan: A randomized controlled trial and process evaluation

Acronym

PEP

Study objectives

Patients who receive psychoeducation will show equal or greater knowledge of schizophrenia, improved psychotic symptoms and lower relapse rates at post-intervention and follow-up than patients who receive treatment as usual (TAU).

Carers who receive psychoeducation will show equal or greater knowledge of schizophrenia, lower burden of care and improved quality of life post-intervention and follow-up than carers who receive TAU.

Ethics approval required

Old ethics approval format

Ethics approval(s)

1. Jordanian Ministry of Health Ethics Committee, 10/08/2012
2. University of Nottingham Medical Ethical Committee, 23/07/2012

Primary study design

Interventional

Study design

Placebo-controlled single-blind randomized controlled clinical trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Schizophrenia

Interventions

Intervention: treatment as usual + psychoeducational intervention

Based on Atkinson and Coia model. It consists of six booklets each fortnight covering essential topics to patients and carers:

1. General information about schizophrenia
2. Anti-psychotic medication effects and side effects
3. Relapse signs
4. Problem solving
5. Coping with Illness

Control:

Treatment as usual for 12 weeks.

Patients and carers will be followed up at baseline, end of treatment and three months follow-up.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Patients' primary outcome is knowledge level about schizophrenia measured by knowledge about schizophrenia questionnaires (KASQ)
2. Carers' primary outcome is knowledge level about schizophrenia measured by knowledge about schizophrenia questionnaires (KASQ)

All outcomes measured at baseline, end of treatment and three months follow up.

Key secondary outcome(s)

Patient:

1. Schizophrenia symptoms are measured by the positive and negative syndrome scale (PANSS)
2. Relapse with hospitalization is measured by the number of mental hospital re-admissions
3. Relapse with medication is calculated by the number of anti-psychotic drug dosage increases

Caregivers:

1. Burden of care is measured by Family Burden Interview Schedule (FBIS)
2. Quality of life is measured by Schizophrenia-Caregiver Quality of Life (S-CQoL)

All outcomes measured at baseline, end of treatment and three months follow up.

Completion date

01/05/2013

Eligibility

Key inclusion criteria

Patients:

1. Diagnosed with schizophrenia or schizoaffective disorder based on the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV)
2. Able to read Arabic or English language
3. Written consent
5. Aged 18 or over, either sex

Caregivers:

1. Primary caregivers - caregivers who mostly involved in patients' care
2. Able to read Arabic or English language
3. Written consent
5. Aged 18 or over, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

Patients:

1. Any learning disability
2. Presence of known organic mental disorder
3. Had a history of substance abuse or current substance abuse
4. Living alone without caregivers or attended any psychosocial intervention previously

Caregivers:

Involved in caring for more than one patient with mental disorder

Date of first enrolment

01/09/2012

Date of final enrolment

01/05/2013

Locations

Countries of recruitment

United Kingdom

England

Jordan

Study participating centre

University of Nottingham

Nottingham

United Kingdom

NG7 2HA

Sponsor information

Organisation

University of Nottingham (UK)

ROR

<https://ror.org/01ee9ar58>

Funder(s)

Funder type

Other

Funder Name

Islamic Development Bank (Saudi Arabia)

Alternative Name(s)

IDB

Funding Body Type

Government organisation

Funding Body Subtype

Local government

Location

Saudi Arabia

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	08/04/2015		Yes	No
Protocol article	protocol	22/01/2014		Yes	No