ISRCTN92802765 https://doi.org/10.1186/ISRCTN92802765

Post-deployment Battlemind training for UK Armed Forces personnel

Submission date
28/01/2009

Recruitment status
No longer recruiting

Registration date
05/03/2009

Overall study status
Completed

Last Edited
11/07/2013

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

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
CSA/08/039

Study information

Scientific Title
Post-deployment Battlemind training for UK Armed Forces personnel: a cluster-randomised controlled trial

Study objectives
Primary hypothesis:
UK Armed Forces Personnel who receive Battlemind training, when compared with personnel who receive a standard post-deployment stress and homecoming brief, will report:
1. Better mental health outcomes
2. Fewer risk taking behaviours
3. Greater perceived team support
4. Fewer problems in combat-to-home transition
5. Less stigmatising beliefs about seeking help for mental health problems

Secondary hypotheses:
1. Those participants who have had greater exposure to stressors during deployment will have poorer mental health at baseline and will benefit more from the Battlemind intervention than those with fewer traumatic deployment experiences
2. Personnel receiving Battlemind will have a more positive perception of the training received than those receiving the standard post-deployment stress brief

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. Ministry of Defence Research Ethics Committee approval received 16th December 2008 (ref: 0863/218)
2. King's College Hospital Research Ethics Committee approval received 18th December 2008 (ref: 08/H0808/179)

Primary study design
Interventional

Study design
Single centre cluster randomised controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Mental Health

Interventions
The intervention group will receive Battlemind training, a US developed post-deployment mental health training package aimed at assisting personnel to adjust to life post-deployment. Battlemind aims to build on people's combat strengths and skills by showing how these strengths can be adapted for the home environment.

The control group will receive the standard post-deployment briefs about stress and homecoming that are currently delivered to personnel returning home from operational tour.

Both intervention and control briefs will be delivered during the 'decompression' period that personnel undergo on their return from deployment. Both briefs will be delivered in a single session lasting approximately 45 minutes.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Severity of post-traumatic stress symptoms as indicated by the score on the Post-Traumatic Stress Disorder Checklist (PCL). PCL will be assessed prior to receiving the post-deployment brief and again 4 months later.

Key secondary outcome(s)
1. Psychological morbidity - 12-item General Health Questionnaire (GHQ-12), assessed prior to the brief and again 4 months later
2. Stigma - Help-Seeking Stigma Questionnaire assessed prior to the brief and again 4 months later

The following will be assessed at 4 months:
3. Depression - 9-items from the Patient Health Questionnaire. As of 17/02/2010 the following outcome was also added to this record: Anxiety - 7-items from the Patient Health Questionnaire.
4. Alcohol consumption - Alcohol Use Disorders Identification Test (AUDIT)
5. Driving behaviour
6. Sleep quality
7. Quality of combat-to-home transition
8. Relationship satisfaction
9. Anger
10. Team support
11. Occupational and social functioning (added to this record on 17/02/2010)

Completion date
31/01/2011

Eligibility

Key inclusion criteria
1. UK Armed Forces personnel returning from operational tour
2. Aged 18 years and over; both men and women will be eligible to participate

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. Individual augmentees who do not return as part of a formed unit
2. Units that are primarily composed of reserve personnel or headquarters staff

Date of first enrolment
01/03/2009

Date of final enrolment
31/01/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Academic Centre for Defence Mental Health
London
United Kingdom
SE5 9RJ

Sponsor information

Organisation
King's College London (UK)

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
Research organisation

Funder Name
Haldane-Spearman Consortium (UK) (ref: TIN no. HSC_07_01_02_002)

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	01/06/2012		Yes	No