

An evaluation of the effectiveness of delivery of Health Promotion Interventions to people with serious mental illness by their key workers

Submission date

29/09/2006

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

29/09/2006

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

23/04/2021

Condition category

Mental and Behavioural Disorders

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N0230176071

Study information

Scientific Title

An evaluation of the effectiveness of delivery of Health Promotion Interventions to people with serious mental illness by their key workers

Study objectives

Can a specific programme of health promotion interviews, delivered by their key worker, to clients with serious mental illness produce meaningful health gains?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Mental and Behavioural Disorders

Interventions

Subjects will be randomised using a hidden computer generated random number programme to receive five sessions of supervised health promotion interventions in addition to their usual treatment or to receive treatment as usual from their key worker. Subjects randomised to the 'treatment as usual' group will be offered the health promotion interventions at the end of the study period. The initial measurements will be repeated after 5 sessions of health education (subjects) or 10 weeks of treatment as usual (controls). Pre and post intervention measurements will be made by the same rater who will be blind to the interviewees status in the study.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Basic health screening questionnaire and measure of height, weight, blood pressure and resting pulse. Baseline lifestyle factors (diet, exercise, smoking, alcohol and drug use) and psychological health will be measured using validated research instruments (the Hospital Anxiety and Depression (HAD) scale and SF-36 scale of subjective well being).

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/08/2006

Eligibility

Key inclusion criteria

Key workers and patients of the West Southampton CMHT location of Hampshire Partnership Trust.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/02/2006

Date of final enrolment

31/08/2006

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Cannon House
Southampton
United Kingdom
SO15 5PQ

Sponsor information

Organisation

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

Funder(s)

Funder type

Government

Funder Name

West Hampshire Consortium (UK)

Funder Name

NHS R&D Support Funding

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				Yes	No
Results article		01/10/2009	23/04/2021	Yes	No