







# A pilot study to investigate the feasibility and acceptability of a cognitive behavioural suicide prevention therapy for people in acute psychiatric wards.

<b>Submission date</b> 22/04/2015	<b>Recruitment status</b> No longer recruiting	 Retrospectively registered
<b>Registration date</b> 22/04/2015	<b>Overall study status</b> Completed	 Protocol added
<b>Last Edited</b> 17/05/2023	<b>Condition category</b> Mental and Behavioural Disorders	 SAP not yet added
		 Results added
		 Raw data not yet added
		 Study completed

## Plain English Summary

### Background and study aims

Suicide is a major cause of preventable death with patients in acute psychiatric wards being particularly high risk. Many patients experience repeated episodes of suicidal behaviour causing great mental distress and heavy use of NHS services. However there is little research investigating treatments that work in helping patients address issues that lead to suicide. This study investigates issues concerning the introduction of cognitive behavioural therapy (CBT) for suicide prevention for patients in acute psychiatric wards who are a very high risk group in a setting where use of psychological therapies is uncommon and requires evaluation.

### Who can participate?

Adult (aged between 18-65) inpatients on an acute psychiatric ward.

### What does the study involve?

Researchers first observe ward life and investigate "usual patient journeys" to identify best ways of introducing the new therapy. Participants are then randomly allocated into one of two groups. Those in group 1 receive their usual treatment. Those in group 2 receive their usual treatment and cognitive behavioural suicide prevention therapy (CBSP). Ward staff and patients are asked about their views before and after introduction of the new therapy. Participants also complete questionnaires to identify how they feel (mood, suicidal ideas, functioning and general wellbeing). These assessments are made before treatment begins, after 6 weeks and then after 6 months. Staff and patients are interviewed to give their views of the new therapy, how it fits into ward routines, whether they like the therapy and if they feel any benefits or otherwise. We also identify costs of NHS treatment for both groups and make comparisons.

### What are the possible benefits and risks of participating?

Not provided at time of registration

Where is the study run from?  
Manchester Mental Health & Social Care Trust (UK)

When is the study starting and how long is it expected to run for?  
May 2014 to December 2015

Who is funding the study?  
National Institute for Health Research (UK)

Who is the main contact?  
Ms Sarah Jones.

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Ms Sarah Jones

**Contact details**  
Manchester Mental Health & Social Care Trust  
Rawnsley Building  
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Manchester  
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M13 9WL

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Protocol/serial number**  
15409

## Study information

**Scientific Title**  
A pilot study to investigate the feasibility and acceptability of a cognitive behavioural suicide prevention therapy for people in acute psychiatric wards: a randomised controlled trial

**Acronym**  
INSITE Phase 2

**Study hypothesis**

This feasibility study investigates issues concerning the introduction of cognitive behavioural therapy (CBT) for suicide prevention for patients in acute psychiatric wards who are a very high risk group in a setting where use of psychological therapies is uncommon and requires evaluation.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

First MREC approval date 21/08/2013, ref: 13/NW/0504MHRNB;

### **Study design**

Randomised; Interventional; Design type: Treatment

### **Primary study design**

Interventional

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Other

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

Treatment

### **Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

### **Condition**

Topic: Mental Health; Subtopic: Suicide and self-harm; Disease: Suicide and self harm

### **Interventions**

Pilot study to investigate the feasibility of cognitive behavioural suicide prevention therapy (CBSP). Participants will be randomly allocated to two treatment arms - treatment as usual or treatment as usual plus CBSP Intervention.

Follow Up Length: 5 month(s); Study Entry : Single Randomisation only

### **Intervention Type**

Other

### **Primary outcome measure**

The Suicidal Behaviours Questionnaire – revised (SBQ-R); Timepoint(s): Baseline, 6 week follow up, 6 month follow up

### **Secondary outcome measures**

1. Basic Emotions Scale (BES; Power, 2006); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
2. Beck Scale for Suicidal Ideation (BSS; Beck & Steer, 1991); Timepoint(s): Baseline, 6 week follow up and 6 month follow up

3. Calgary Depression Scale (Addington et al, 1990); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
4. Coping in Stressful Situations (Endler & Parker, 1990); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
5. EG-5D (Euroqol Group, 1990); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
6. Personal and Social Performance Scale (Morosoni et al 2000); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
7. Positive and Negative Syndrome Scale (PANSS; Kay, Opler & Fiszbein, 1987); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
8. Psychotic Symptoms Rating Scale (Haddock et al, 1999); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
9. Sleep Condition Indicator (SCI; Espie et al, 2013); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
10. The Beck Hopelessness Scale (BHS; Beck, 1988); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
11. The Defeat Scale (Gilbert & Allan, 1998); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
12. The Difficulties in Emotional Regulation Scale (Gratz & Roemer, 2004); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
13. The Entrapment Scale (Gilbert & Allan, 1998); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
14. The Forms of Self Criticising/Attacking & Self Reassuring Scale; Timepoint(s): Baseline, 6 week follow up, 6 month follow up
15. The Implicit Beliefs About Emotions Scale (IBES; Tamir et al 2004); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
16. The Self Concept Questionnaire (Robson, 1989); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
17. The Suicide Probability Scale (SPS; Cull & Gill 1988); Timepoint(s): Baseline, 6 week follow up, 6 month follow up
18. The World Health Organisation Quality of Life Assessment , brief version (WHOQOL-BREF; Skevington, L; Timepoint(s): Baseline, 6 week follow up, 6 month follow up
19. Views on Inpatient Care (VOICE; Evans et al, 2012); Timepoint(s): Baseline, 6 week/6 month follow up (dependent on hospital admission dates)
20. Views on Therapeutic Environments (VOTE; Laker et al, 2012); Timepoint(s): Baseline, 6 week /6 month follow up (depending on hospital admission dates)
21. Working Alliance Inventory (Horvath, 1992); Timepoint(s): Taken at 2 time points during course of therapy

**Overall study start date**

01/05/2014

**Overall study end date**

31/12/2015

## **Eligibility**

**Participant inclusion criteria**

1. Inpatients on an acute psychiatric ward
2. Adults aged 18-65 years
3. Mental capacity to provide informed consent
4. Positive risk of suicide verified SBQ-R

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

65 Years

**Sex**

Both

**Target number of participants**

Planned Sample Size: 60; UK Sample Size: 60; Description: Study team advised new sample size is 60 - 30 in interventional group and 30 in treatment as usual group 19/11/13

**Total final enrolment**

51

**Participant exclusion criteria**

Planned discharge within next 7 days.

**Recruitment start date**

01/05/2014

**Recruitment end date**

31/12/2015

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

England

United Kingdom

**Study participating centre**

**Manchester Mental Health & Social Care Trust**

Rawnsley Building

Manchester Royal Infirmary

Oxford Road

Manchester

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# Sponsor information

## Organisation

Manchester Mental Health & Social Care Trust (UK)

## Sponsor details

Rawnsley Building  
Manchester Royal Infirmary  
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## Sponsor type

Hospital/treatment centre

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research

## Alternative Name(s)

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

United Kingdom

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## 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?
<a href="#">Protocol article</a>	protocol	11/02/2016		Yes	No
<a href="#">Other publications</a>	qualitative results	16/10/2018		Yes	No
<a href="#">Results article</a>		01/01/2019	17/05/2023	Yes	No
<a href="#">HRA research summary</a>			28/06/2023	No	No