

Focus on Well-being

The “Modification and preliminary evaluation of an intervention to improve well-being in psychosis” Study – A Summary

This study is funded by Guy’s & St. Thomas Charity. It is a three-phase study, aiming to adapt an intervention (namely Positive Psychotherapy) that has proven effective in increasing well-being in healthy people and in those with common mental disorders, for a new client group of people with severe mental illness, particularly psychosis. We are now in **Phase 1** of the study.

Phase 1 – Model development

A systematic literature review is currently being undertaken that aims to identify and integrate existing evidence on the promotion of well-being in people with severe mental illness. The aim of the review is to produce a coherent and empirically-based understanding of the likely process of change to inform modification of Positive Psychotherapy for this client group.

Semi-structured interviews with local service users and providers will then explore their views on the intervention with a specific focus on the likely processes of change. This will help create the underlying framework for optimising the intervention for the new client group and setting.

Based on the results of the review and the interviews a theory-based testable model will be developed. This will incorporate the components of Positive Psychotherapy which are likely to be most applicable to people with a diagnosis of psychosis, and will identify the proposed causal pathway from the intervention to an improvement in well-being.

Phase 2 – Model validation

An intervention manual will be developed that describes the adapted intervention based on the evidence-based model. Local service users and staff in SLaM will be invited to comment on the model and manual. Based on their comments, the intervention will be adapted and the manual will be finalised. An evaluation strategy will be developed, suitable outcome measures chosen and the trial for testing the adapted intervention will be set up at SLaM.

Phase 3 - Pilot randomised controlled trial (RCT)

The optimised and manualised intervention will be tested in an RCT with people using teams in the Psychosis Clinical Academic Group in SLAM.

If you have any questions about the project please contact the responsible researcher:

Beate Schrank: **Tel 020 7848 5782**, **Email beate.schrank@kcl.ac.uk**