

# UP'S

## A longitudinal cohort study into what makes people with psychiatric problems happier.

Published: 14-07-2017

Last updated: 21-12-2024

The aim of this study is to investigate how many patients with an early and/or chronic psychotic disorder reach personal recovery during follow-up and which determinants and processes influence personal, clinical, functional and societal recovery...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruiting
<b>Health condition type</b>	Schizophrenia and other psychotic disorders
<b>Study type</b>	Observational non invasive

### Summary

#### ID

NL-OMON47407

#### Source

ToetsingOnline

#### Brief title

UP'S

#### Condition

- Schizophrenia and other psychotic disorders
- Lifestyle issues

#### Synonym

psychosis, schizophrenia

#### Research involving

Human

## Sponsors and support

**Primary sponsor:** Erasmus MC, Universitair Medisch Centrum Rotterdam

**Source(s) of monetary or material Support:** Antes, Bavo RNO groep (Capelle aan den IJssel), deelnemende instellingen, GGZ Breburg Groep (Rijen), meerderen, Pameijer

## Intervention

**Keyword:** Determinants, Processes, Psychosis, Recovery

## Outcome measures

### Primary outcome

Main study parameter will be personal recovery, measured through the ReQOL 10-items and the I.ROC.

### Secondary outcome

Changes in the PANSS Remission (clinical recovery), BRIEF-A (functional recovery) and the SRPQ (self-rated; societal recovery) over time will be secondary parameters.

## Study description

### Background summary

Recovery and rates of remission have been found to vary considerably among psychotic disorder patients. Although the majority of patients reaches symptomatic remission within the first year after a first episode of schizophrenia (Zipursky, Reilly, & Murray, 2013), the percentage of patients found to fully recover of schizophrenia and/or other psychosis over time was only about 14%. Since the exact population prevalences of psychotic disorders are unknown, the percentage of total psychotic patients in recovery is probably even lower (Delespaul, 2013). Therefore, it is believed necessary to observe the forms of recovery over a longer period of time to identify determinants, protective aspects and interventions contributing to reaching recovery.

### Study objective

The aim of this study is to investigate how many patients with an early and/or

chronic psychotic disorder reach personal recovery during follow-up and which determinants and processes influence personal, clinical, functional and societal recovery over time. As determinants we measure somatic functioning, sleep, diagnosis, medication, treatment, adverse childhood experiences, trauma, addiction, attachment, cognition, social cognition, coping, illness insight, empowerment, resilience, internalised stigma, disability in functioning and therapy adherence. Is recovery a slow and steady process or does it happen more jolted? Another objective is to test and develop interventions focussing on enhancing recovery.

## **Study design**

A prospective cohort study.

## **Study burden and risks**

Recovery was long believed to be out of reach for patients with psychotic disorders. With a shift towards hope for, and the possibility of recovery (Deegan, 1993), it is now considered common knowledge that those with a severe mental illness can recover.

However, lack of consensus on a definition of recovery remains, resulting in confusion among patients, family members, clinicians, policy makers and researchers (Noiseux & Ricard, 2008). Furthermore, studies have focussed on part of the recovery process, depending on their research interest.

What is not known yet, is how the different aspects of one's life are connected in that process of recovery or whether there is an order in recovery. As long as the nature/definition of recovery remains ambiguous, full recovery-oriented services and mental health care cannot be offered (Noiseux et al., 2010). By identifying determinants and long term processes, this study aims to improve the knowledge of recovery, in order to support patients in a more complete, recovery-oriented manner in the future.

There will be a few minor burdens for participating in this study. Since the aim is to identify determinants and processes within all main aspects of life (clinical, functional, personal, societal), the amount of time each participant spends answering questions might be experienced as extensive. There are questionnaires which can be experienced as intrusive or burdensome. Clinical measures, cognitive tests, personal questionnaires and societal measures are answered and filled out every two years, along with overall recovery measures. Those overall measures are also collected every year.

All assessments take place either at home or in the mental health care facility the participant is receiving care. All assessments will be scheduled at times convenient for the participant.

For validation of one of the parameters, a subgroup of the participants will be asked to fill in an extra questionnaire. They will also be asked to fill in four questionnaires again two weeks after the first assessment.

Furthermore, 60 students are asked to fill in these four questionnaires once.

## Contacts

### Public

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

1. age 18-65 years
2. psychotic disorder, including schizophrenia, schizoaffective disorder, delusional disorder of psychosis not otherwise specified
3. able to give informed consent

### Exclusion criteria

1. insufficient proficiency in Dutch language

## Study design

### Design

Study type:	Observational non invasive
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Basic science

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	16-10-2017
Enrollment:	1104
Type:	Actual

## Ethics review

Approved WMO	
Date:	14-07-2017
Application type:	First submission
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

Approved WMO	
Date:	10-04-2018
Application type:	Amendment
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

Approved WMO	
Date:	15-02-2022
Application type:	Amendment
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

Approved WMO

Date: 29-10-2024  
Application type: Amendment  
Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL58697.078.17