

# Improving adoption of preventive care policy and care provision in community mental health services

ACTRN12619001379101

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Status	RECRUITING
Sponsor	University of Newcastle
Enrollment	600 participants

## Plain Language Summary

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People living with mental health conditions are at significantly higher risk of preventable physical health problems — including from smoking, excessive alcohol use, poor diet, and physical inactivity. Despite this, clients of community mental health services often receive little support for these lifestyle health risks. This quality improvement project is testing whether a structured implementation program can help mental health clinicians better incorporate preventive physical health care into their routine consultations.

The intervention will involve training, feedback, practical aids for clinicians, and ongoing support to address four lifestyle risks: tobacco smoking, harmful alcohol use, poor diet (insufficient fruit and vegetables), and inadequate physical activity. Clients' experiences of preventive care will be measured before and after the program through telephone interviews, and compared between a service receiving the intervention and a control service that doesn't.

You may be eligible to participate as a client if you are 18 or older, attend a community mental health service in Hunter New England LHD, have attended at least one appointment in the past 4 months, speak English, and are not currently an inpatient. All clinicians within the participating services will also be involved. This project is about improving the whole-person care that people with mental health conditions receive — because physical health matters too.

## Key Eligibility Criteria

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### Inclusion (2)

- **CLIENTS:** Clients eligible for participation in the computer-assisted telephone interviews (CATI) at baseline and follow-up will be those who: are 18 years or older; have attended at least one appointment in the last 4-months in the community mental health service. Additional client eligibility criteria will be assessed upon phone contact and will include: English speaking; not currently inpatient, not living in aged care facilities or jail, and being physically and mentally capable of responding to the survey items.
- **CLINICIANS:** All clinicians within the practice support service will receive the relevant implementation support intervention strategies. This includes psychiatrists, psychologists, social workers, dieticians, nurses and occupational therapists.

### Exclusion (1)

- Clients who are under the age of 18 or identified as too unwell or clinically inappropriate to contact, have not attended at least one appointment in the last 4-months in the community mental health service, not English speaking, currently inpatient, living in aged care facilities or jail.

## Locations (1 total)

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NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619001379101>

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