

Evaluating the implementation of a new approach to preventive care provided by community mental health services to people with a mental health condition

ACTRN12621000922875

Status RECRUITING
Sponsor University of Newcastle
Enrollment 720 participants

Plain Language Summary

This study is testing a new model of preventive health care delivered within community mental health services. People with mental health conditions die up to 20 years earlier than the general population, largely because lifestyle risk factors like poor diet, physical inactivity, smoking, and alcohol use are rarely addressed during mental health appointments. This project introduces a "dedicated health provider" into mental health teams to specifically help clients improve these lifestyle habits.

The trial will run across three local health districts in New South Wales (Hunter New England, Mid North Coast, and Central Coast). Mental health services are randomly allocated to either adopt this new preventive care approach or continue as usual. The study will survey mental health clients at the start and nine months later to find out whether they received more advice, assessments, and referrals related to lifestyle risk factors.

To participate in the survey, you must be 18 or older, have attended at least two consultations at a participating community mental health service in the past nine months, speak English, and be mentally and physically able to complete the survey. There are no exclusion criteria beyond these basic requirements.

Key Eligibility Criteria

Inclusion (9)

- Baseline and 9-month post-baseline cross-sectional surveys (independent samples; eligibility assessed at each timepoint):
- years or over;
- Attended at least two consultations within the previous 9 months at a participating community mental health service (control or intervention);
- English speaking; and
- mentally and physically capable of responding to survey items.

... and 4 more (see full listing online)

Exclusion (1)

- None

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621000922875>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.