

Supplementary file 1 - Participant recruitment, characteristics, and outcomes of Module 6: a randomised controlled trial of a peer supported self-management intervention

**Breakdown of participant numbers**

**a) Screening**

Table 1: Breakdown of numbers of eligible and ineligible service users screened

Site	Eligible?		Ineligible at Screening							Total screened
	Yes	No	Capacity	Risk	Outside area	Language	< 7days CRT	Hospital dx	Other	
<b>1</b>	246 (63%)	143	20	27	9	7	19	41	20	<b>389</b>
<b>2</b>	386 (60%)	254	28	53	39	16	29	48	41	<b>640</b>
<b>3</b>	450 (49%)	474	50	132	65	40	47	15	125	<b>924</b>
<b>4</b>	94 (68%)	44	5	11	11	3	14	0	0	<b>138</b>
<b>5</b>	145 (70%)	63	8	20	7	2	7	19	0	<b>208</b>
<b>6</b>	376 (50%)	379	68	93	44	43	5	23	103	<b>755</b>
<b>Pilot (Site 3)</b>	151 (65%)	83	24	6	22	6	16	5	4	<b>234</b>
<b>Total</b>	<b>1848 (56%)</b>	<b>1440</b>	<b>203</b>	<b>342</b>	<b>197</b>	<b>117</b>	<b>137</b>	<b>151</b>	<b>293</b>	

Table 2: Breakdown of “other” reasons for ineligibility

Site	Already taking part/declined/screened	Unable to contact/engage	Amendments to screening process*	Other	Total
<b>1</b>	0	0	18	2	<b>20</b>
<b>2</b>	19	1	9	12	<b>41</b>
<b>3</b>	58	12	53	2	<b>125</b>
<b>4</b>	0	0	0	0	<b>0</b>
<b>5</b>	0	0	0	0	<b>0</b>
<b>6</b>	77	0	15	11	<b>103</b>

Site	Already taking part/declined/screened	Unable to contact/engage	Amendments to screening process*	Other	Total
Pilot (Site 3)	3	0	0	1	4
<b>Total</b>	<b>157</b>	<b>13</b>	<b>95</b>	<b>28</b>	<b>293</b>

\* Recruitment of non-psychosis/bipolar participants paused April/May 2015

## b) Recruitment

Table 3: Recruitment figures

Site	Recruited		
	Yes	No	Total
1	63 (26%)	183	246
2	80 (21%)	306	386
3	102 (23%)	348	450
4	35 (37%)	59	94
5	22 (15%)	123	145
6	99 (26%)	277	376
Pilot (Site 3)	40 (26%)	111	151
<b>Total</b>	<b>441 (24%)</b>	<b>1407</b>	<b>1848</b>

Table 4: Reasons not recruited

Site	Reasons not recruited						Total
	Out of time*	Declined at CRT contact	Declined at researcher contact	CORE unable to contact	HTT unable to contact	Other**	
1	75	12	58	23	11	4	183
2	69	69	32	10	80	46	306
3	90	81	55	13	85	24	348
4	9	19	24	4	1	2	59
5	48	23	8	2	11	31	123
6	28	83	75	5	72	14	277
Pilot (3)	54	24	18	3	12	0	111
<b>Total</b>	<b>373</b>	<b>311</b>	<b>270</b>	<b>60</b>	<b>272</b>	<b>121</b>	<b>1407</b>

\* Out of time = researcher contact but no definitive response from potential participant within 1 month of CRT discharge

\*\* includes temporary suspension of recruitment of non-psychosis/bipolar participants;  
change in risk/capacity status since screening

### c) Implementation

Table 5: Implementation of Peer lead support package

Site	Treated per protocol	Not treated per protocol	Reasons why not treated as per protocol					
			PSW unable to contact	Declined support before 1 <sup>st</sup> meeting	Did not attend	Declined after 1-2 meetings	Breach	Other
1 (n=31)	25 (81%)	6	1	4	0	0	0	1
2 (n=41)	23 (56%)	18	1	4	7	3	3	0
3 (n=51)	34 (67%)	17	3	5	3	5	0	1
4 (n=17)	17 (100%)	0	0	0	0	0	0	0
5 (n=11)	9 (82%)	2	0	1	0	1	0	0
6 (n=49)	35 (71%)	14	5	1	5	0	0	3
Pilot (n=21)	17 (81%)	4	0	1	0	0	3	0
<b>Total</b>	<b>160</b>	<b>61</b>	<b>10</b>	<b>16</b>	<b>15</b>	<b>9</b>	<b>6</b>	<b>5</b>
% total treatment group (n=221)	72%	28%						

### 4 month Follow-Ups

Table 6: Number of participants followed-up at 4 months

Site	Follow-ups completed	Follow-up not completed	Total
1	48	15	63
2	62	18	80
3	82	20	102
4	26	9	35
5	14	8	22
6	78	21	99
<b>Pilot</b>	34	6	40

<b>Total</b>	<b>344 (78%)</b>	<b>97 (22%)</b>	<b>441 (100%)</b>
--------------	------------------	-----------------	-------------------

Table 7: Reasons why lost to follow-up

Site	Deceased	Unable to contact	Unwell	Declined follow-up	Risk	Total
<b>1</b>	1	14	0	1	0	<b>16</b>
<b>2</b>	0	10	0	7	1	<b>18</b>
<b>3</b>	1	7	0	10	2	<b>20</b>
<b>4</b>	0	8	0	2	0	<b>10</b>
<b>5</b>	0	6	0	2	0	<b>8</b>
<b>6</b>	1	13	2	5	0	<b>21</b>
<b>Pilot</b>	0	0	0	6	0	<b>6</b>
<b>Total</b>	<b>3</b>	<b>58</b>	<b>2</b>	<b>33</b>	<b>3</b>	<b>99</b>

Table 8: Follow-ups numbers for the intervention group

Site	F-up complete	F-up not done
1	22	9
2	32	9
3	40	11
4	15	2
5	6	5
6	40	9
Pilot	18	3
<b>Total</b>	<b>173</b>	<b>48</b>

Table 9: Follow-up numbers for the control group

Site	F-up complete	F-up not done
1	25	7
2	31	8
3	42	9
4	11	7
5	8	3
6	38	12
Pilot	16	3
<b>Total</b>	<b>171</b>	<b>49</b>

## RPRS (Recovery Promoting Relationship Scale)

Table 10: RPRS status

	PSW allocated	3+ sessions	RPRS done	RPRS not done
<b>1</b>	31	25	18	7
<b>2</b>	41	23	19	4
<b>3</b>	51	34	26	8
<b>4</b>	17	17	12	5
<b>5</b>	11	9	4	5
<b>6</b>	49	35	25	10
<b>Pilot</b>	21	17	0	17
<b>Total</b>	<b>221</b>	<b>160</b>	<b>104</b>	<b>56</b>

Table 11: Reasons why RPRS was not done:

	Follow-up not done	Unable to contact	Declined RPRS	RPRS not introduced Yet
<b>1</b>	6	1	0	0
<b>2</b>	3	1	0	0
<b>3</b>	5	3	0	0
<b>4</b>	2	3	0	0
<b>5</b>	4	0	1	0
<b>6</b>	4	6	0	0
<b>Pilot</b>	0	0	0	17
<b>Total</b>	<b>24</b>	<b>14</b>	<b>1</b>	<b>17</b>

### d) 18-month Follow-Ups

Table 12: Number of participants followed-up at 18 months

Site	Follow-ups completed	Follow-up not completed	Total
<b>1</b>	41	22	<b>63</b>
<b>2</b>	46	34	<b>80</b>
<b>3</b>	73	29	<b>102</b>
<b>4</b>	22	13	<b>35</b>
<b>5</b>	10	12	<b>22</b>
<b>6</b>	63	36	<b>99</b>
<b>Pilot</b>	0	40	<b>40</b>
<b>Total</b>	<b>255 (58%)</b>	<b>186 (42%)</b>	<b>441 (100%)</b>

Table 13: Reasons why lost to 18-month follow-up

Site	Deceased	Unable to contact	Declined follow-up	Risk/capacity	Withdrawn	Total
<b>1</b>	3	6	11	2	0	<b>22</b>
<b>2</b>	0	7	25	2	0	<b>34</b>
<b>3</b>	2	6	17	2	2	<b>29</b>
<b>4</b>	0	3	10	0	0	<b>13</b>
<b>5</b>	0	4	8	0	0	<b>12</b>
<b>6</b>	1	13	19	3	0	<b>36</b>
<b>Pilot</b>	Did not attempt contact at 18-month follow-up time-point					<b>40</b>
<b>Total</b>	<b>6</b>	<b>39</b>	<b>90</b>	<b>9</b>	<b>2</b>	<b>186</b>

Table 14: Follow-up numbers for the intervention group

Site	Follow-up complete	Follow-up not done	Total
1	16	15	31
2	25	16	41
3	37	14	51
4	11	6	17
5	5	6	11
6	34	15	49
Pilot	0	21	21
<b>Total</b>	<b>128</b>	<b>93</b>	<b>221</b>

Table 15: Follow-up numbers for the control group

Site	Follow-up complete	Follow-up not done	Total
1	25	7	32
2	21	18	39
3	36	15	51
4	11	7	18
5	29	21	50
6	5	6	11
Pilot	0	19	19
<b>Total</b>	<b>127</b>	<b>93</b>	<b>220</b>

## Sample characteristics

Table 16: Baseline sample characteristics (overall)

<b>Variable</b>	<b>n/N or mean</b>	<b>% or (SD)</b>
Male	175/438	40
Age	40	(13)
<b>Ethnicity</b>		
White	285/438	65
Black	84/438	19
Asian	27/438	6
Other	42/438	10
UK born	304/393	77
<b>Marital status</b>		
Single	283/438	65
Married or cohabiting	96/438	22
Separated or divorced	52/438	12
Widowed	7/438	2
<b>Housing</b>		
Independent permanent accommodation	322/438	74
Independent temporary accommodation	71/438	16
Accommodation with 24 hour staff support	13/438	3
Accommodation with staff support (not 24 hours)	16/438	4
Street homeless/ direct access hostel	8/438	2
Other	8/438	2
<b>Current contact with children under 16</b>		
No children under 16	270/399	68
No contact with dependent children	25/399	6
Contact with dependent children but not living with them	37/399	9
Living with dependent children	67/399	17
<b>Employment</b>		
In open market employment (16+ hours/ week)	108/433	25
In open market employment (less than 16 hours/ week)	13/433	3
Permitted or sheltered work	5/386	1
Voluntary or unpaid work	54/428	13

Education, study or training (16+ hours/ week)	24/388	6
Education, study or training (less than 16 hours/ week)	17/388	4
Full time carer	16/429	4
Employed or in voluntary, protected or sheltered work	168/436	39
<b>Variable</b>	<b>n/N or mean</b>	<b>% or (SD)</b>
<b>Educational attainment</b>		
School leaver (no qualifications)	76/398	19
GCSE or equivalent	85/398	21
A levels or equivalent	76/398	19
HND or other professional qualification (non-graduate)	52/398	13
Degree	72/398	18
Postgraduate degree	37/398	9
Number of GP visits in the last 3 months median (IQR)	2	(1, 4)
<b>Diagnosis</b>		
Schizophrenia or schizo-affective disorder	61/426	14
Bipolar affective disorder	53/426	12
Other psychosis	21/426	5
Depression	101/426	24
Anxiety disorder	7/426	2
Post-traumatic stress disorder	7/426	2
Borderline or emotionally unstable personality disorder	37/426	9
Other personality disorder	18/426	4
Other diagnosis	121/426	28
<b>Lifetime admissions to psychiatric hospital</b>		
Never	148/399	37
Once	86/399	22
2 to 5 times	102/399	26
More than 5 times	63/399	16
<b>Lifetime compulsorily detained at psychiatric hospital</b>		
Never	240/398	60
Once	60/398	15

2 to 5 times	71/398	18
More than 5 times	27/398	7
<b>Periods of support from a Crisis Resolution Team</b>		
<b>Variable</b>	<b>n/N or mean</b>	<b>% or (SD)</b>
1	192/398	48
2	78/398	20
3 to 5	86/398	22
6 to 10	22/398	6
More than 10	20/398	5
<b>Years since first contact with mental health services</b>		
Less than 3 months	67/398	17
3 months to 1 year	39/398	10
1 to 2 years	28/398	7
2 to 5 years	64/398	16
6 to 10 years	62/398	16
More than 10 years	138/398	35
Social inclusion (SIX) median (IQR)	3	(3, 5)
Satisfaction with services (CSQ) median (IQR)	26	(22, 30)
Self-management skills (IMR)	46	(7)
Personal recovery (QPR)	51	(17)
Loneliness (UCLS) median (IQR)	24	(21, 25)
Lubben social network scale	11	(6)
Health and Lifestyles Survey Social Capital Questionnaire median (IQR)	3	(1, 5)
Symptom severity (BPRS)	44	(12)
Alcohol use (AUDIT-C) median (IQR)	2	(1, 5)
Drug use (DAST) median (IQR)	1	(1, 3)

Abbreviations: AUDIT-C Alcohol Use Disorders Identification - Test Consumption; BPRS Brief Psychiatric Rating Scale; CSQ Client Satisfaction Questionnaire; DAST Drug Use Questionnaire; IMR Illness Management and Recovery Scale; IQR interquartile range; QPR A Questionnaire on the Process of Recovery; SIX Social Outcomes Index; UCLS UCLA Loneliness Scale; IQR Interquartile range

Table 17: 4 and 12 month data by randomised group

Variable	Control		Intervention	
	n/N or mean	% or (SD)	n/N or mean	% or (SD)
Number of GP visits in the last 3 months median (IQR)	3	(1, 5)	2	(1, 4)
Using acute services at study entry	37/216	17	52/218	24
<b>In the last year</b>				
Any readmission to acute care	83/216	38	64/218	29
Days spent in acute care median (IQR)	0	(0, 24)	0	(0, 26)
Days to first readmission for those that had a readmission median (IQR)	86	(43, 180)	112	(42, 242)
Days to readmission, death or censoring median (IQR)	364	(138, 364)	364	(252, 364)
Registered on Care Programme Approach	67/211	32	73/215	34
Died during follow up	4/217	2	0/218	0
At 4-month follow-up				
Employed or in voluntary, protected or sheltered work	66/170	39	68/174	39
Social inclusion (SIX) median (IQR)	4	(3, 5)	4	(3, 5)
Satisfaction with services (CSQ) median (IQR)	26	(20, 29)	26	(23, 30)
Self-management skills (IMR)	50	(8)	51	(8)
Personal recovery (QPR)	55	(16)	57	(16)
Loneliness (UCLS) median (IQR)	22	(20, 24)	22	(19, 24)
Lubben social network scale	12	(6)	12	(5)
Health and Lifestyles Survey Social Capital Questionnaire median (IQR)	3	(0, 5)	3	(2, 5)
Symptom severity (BPRS)	41	(12)	39	(12)
Received a copy of the Recovery Plan booklet and guide from the CORE study team	147/170	86	152/172	88
Looked at the Recovery Plan booklet	133/158	84	142/162	88
Format of Recovery Plan booklet				
Paper	133/138	96	144/144	100
Electronic	2/138	1	0/144	0
both	3/138	2	0/144	0

Read moving on after a crisis	108/138	78	135/143	94
Wrote plans based on moving on after a crisis	61/138	44	88/141	62
<b>Variable</b>	<b>Control</b>		<b>Intervention</b>	
	<b>n/N or mean</b>	<b>% or (SD)</b>	<b>n/N or mean</b>	<b>% or (SD)</b>
Read keeping well	103/138	75	131/145	90
Wrote plans based on keeping well	52/138	38	92/144	64
Read managing your ups and downs	99/138	72	125/145	86
Wrote plans based on managing your ups and downs	38/138	28	84/143	59
Read your goals and dreams	97/138	70	126/145	87
Wrote plans based on your goals and dreams	41/137	30	83/144	58
Involved friends or family in looking at Recovery Plan booklet and making recovery plans	26/138	19	31/148	21
Involved mental health staff in looking at Recovery Plan booklet and making recovery plans	14/138	10	49/146	34
Used service user group	34/158	22	26/156	17
Used a befriender	6/158	4	8/157	5
Used a counsellor or therapist	63/158	40	60/158	38
Used any other recovery plan	33/144	23	27/145	19

Abbreviations: BPRS Brief Psychiatric Rating Scale; CSQ Client Satisfaction Questionnaire; DAST Drug Use Questionnaire; IMR Illness Management and Recovery Scale; : IQR interquartile range; QPR A Questionnaire on the Process of Recovery; SIX Social Outcomes Index; UCLS UCLA Loneliness Scale; IQR Interquartile range

Table 18: 18 month follow up data overall

<b>Variable</b>	<b>n/N or mean</b>	<b>% or (SD)</b>
Number of GP visits in the last 3 months median (IQR)	2	(1, 3)
Employed or in voluntary, protected or sheltered work	105/250	42
Social inclusion (SIX) median (IQR)	4	(3, 5)
Satisfaction with services (CSQ) median (IQR)	26	(22, 30)
Self-management skills (IMR)	53	(9)
Personal recovery (QPR)	59	(15)
Loneliness (UCLS) median (IQR)	22	(17, 24)
Lubben social network scale	12	(6)
Health and Lifestyles Survey Social Capital Questionnaire median (IQR)	4	(2, 5)
Symptom severity (BPRS)	37	(30, 48)

<b>Variable</b>	<b>n/N or mean</b>	<b>% or (SD)</b>
Used the Recovery Plan booklet	172/246	70
Not used the Recovery Plan booklet	57/246	23
Do not know whether used the Recovery Plan booklet	17/246	7
Last looked at Recovery Plan booklet in the last 3 months	24/193	12
Last looked at Recovery Plan booklet more than 3 months ago	149/193	77
Do not know when last looked at Recovery Plan booklet	20/193	10
Read moving on after a crisis	22/30	73
Wrote plans based on moving on after a crisis	11/29	38
Read keeping well	23/30	77
Wrote plans based on keeping well	13/29	45
Read managing your ups and downs	22/30	73
Wrote plans based on managing your ups and downs	14/29	48
Read your goals and dreams	20/30	67
Wrote plans based on your goals and dreams	14/29	48

Abbreviations: BPRS Brief Psychiatric Rating Scale; CSQ Client Satisfaction Questionnaire; IMR Illness Management and Recovery Scale; QPR A Questionnaire on the Process of Recovery; SIX Social Outcomes Index; UCLS UCLA Loneliness Scale; IQR Interquartile range

Table 19: 18-month outcomes by randomised group

<b>Variable</b>	<b>Control</b>		<b>Intervention</b>		<b>p-value</b>
	<b>Mean</b>	<b>(SD)</b>	<b>Mean</b>	<b>(SD)</b>	
Number of GP visits in the last 3 months median (IQR)	2	(1, 4)	2	(0, 3)	0.180
Social inclusion (SIX) median (IQR)	4	(3, 5)	4	(3, 5)	0.353
Satisfaction with services (CSQ) median (IQR)	26	(21, 30)	27	(22, 31)	0.249
Self-management skills (IMR)	52	(8)	53	(9)	0.106
Personal recovery (QPR)	58	(17)	60	(13)	0.293
<b>Variable</b>	<b>Control</b>		<b>Intervention</b>		<b>p-value</b>
	<b>Mean</b>	<b>(SD)</b>	<b>Mean</b>	<b>(SD)</b>	
Loneliness (UCLS) median (IQR)	22	(19, 25)	22	(19, 24)	0.639
Lubben social network scale	12	(6)	13	(6)	0.314
Health and Lifestyles Survey Social Capital Questionnaire median (IQR)	4	(1, 5)	4	(2, 5)	0.165

Symptom severity (BPRS)	40	(13)	39	(12)	0.612
<b>Variable</b>	<b>Control</b>		<b>Intervention</b>		<b>p-value</b>
	<b>Mean</b>	<b>(SD)</b>	<b>Mean</b>	<b>(SD)</b>	
Used the Recovery Plan booklet	83/124	67	89/122	73	0.030
Not used the Recovery Plan booklet	36/124	29	21/122	17	
Do not know whether used the Recovery Plan booklet	5/124	4	12/122	10	
Last looked at Recovery Plan booklet in the last 3 months	11/91	12	13/102	13	0.966
Last looked at Recovery Plan booklet more than 3 months ago	71/91	78	78/102	76	
Do not know when last looked at Recovery Plan booklet	9/91	10	11/102	11	
Read moving on after a crisis	13/15	87	9/15	60	0.215
Wrote plans based on moving on after a crisis	6/15	40	5/14	36	0.812
Read keeping well	13/15	87	10/15	67	0.390
Wrote plans based on keeping well	7/15	47	6/14	43	0.837
Read managing your ups and downs	11/15	73	11/15	73	>0.999
Wrote plans based on managing your ups and downs	8/15	53	6/14	43	0.573
Read your goals and dreams	10/15	67	10/15	67	>0.999
Wrote plans based on your goals and dreams	7/15	47	7/14	50	0.858

Abbreviations: BPRS Brief Psychiatric Rating Scale; CD-RISC-10 Connor-Davidson Resilience Scale; CSQ Client Satisfaction Questionnaire; IMR Illness Management and Recovery Scale; QPR A Questionnaire on the Process of Recovery; SIX Social Outcomes Index; UCLS UCLA Loneliness Scale