

HoPe: Home Delivered Peer Led Treatment vs. Home Delivered Treatment - A Random-ized Controlled Multicentre Pilot Trial

Initiative: Außergewöhnliches

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Home Treatment (HT) and Peer Support (PS) are mental health interventions explicitly recommended in the S3 guidelines on psychosocial therapies for severe mental illness (SMI), and for both there is evidence suggesting effectiveness among individuals with SMI. However, in German mental health care settings, both types of interventions are not considered to be ready for roll-out in routine care. HoPe (Home delivered Peer led treatment) is a controlled pilot evaluation of 'HT plus PS' vs 'HT alone' for people with SMI. HoPe comprises a German network of specialised mental health care providers and aims to evaluate 'HT plus PS' vs 'HT alone' in a multicentre, randomized pilot trial. It is hypothesized that (I) HT plus PS is more effective than HT alone with regard to future crises (relapse/recurrence) and hospital admissions (primary outcome), self-efficacy, internalized stigma and service satisfaction (secondary outcomes), and that (II) HT plus PS is as effective as HT alone with regard to illness severity, social functioning, symptom improvement and cost effectiveness (secondary outcomes).

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HoPe: Home Treatment and Peer Support for Acute Mental Health Crisis (HoPe)