

STEPWISE – Intervention Development Study

Overview

The STEPWISE research study is exploring a lifestyle intervention to reduce weight gain in people with schizophrenia, schizoaffective disorder or first episode psychosis prescribed antipsychotic medication. The first phase of the research study looked at adapting the DESMOND™ intervention, developed for people with diabetes or at risk of diabetes, to make it more appropriate for and acceptable to mental health service users and health care professionals and to provide a greater focus on weight loss. The intervention development study (IDS) included qualitative research with service users, carers and healthcare professionals before a modified intervention was finalised for the next phase of the research; the randomised controlled trial.

Recruitment

Four cycles of the foundation programme were run in the intervention development study, each comprising of four weekly sessions. These were led by researchers from University Hospitals Leicester, and participants informed the development of the programme by also taking part in a group interview.

Following screening of potentially eligible patients, a total of 24 were consented to take part in the IDS.

Development of the test intervention was finished in December 2014.

Participants who had attended foundation sessions in the IDS were then invited to attend a pilot booster session in April 2015, and further group interview, before work to finalise the curriculum and course materials commenced.