Project Title: KESS2 PhD Scholarship: What changes for patients in medium secure care? A long term follow up study of outcomes, care, supervision and patients’ experiences

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Project Outline:
Medium secure provision is expensive with limited capacity. It is therefore of paramount importance that the focus in this setting is upon a) those factors that require this level of care (i.e. that cannot be met in less secure, local or community settings); b) ensuring individuals do not remain in the service longer than is necessary and c) that individuals successfully step down and remain out of secure care and / or prison. This research will provide essential information in order to begin to understand what works and therefore how services could be configured in order to maximise the likelihood of a successful discharge. The findings from this study are likely to help inform the highly difficult process of discharge decision making and planning by providing clinicians with a better understanding of the factors associated with discharge success. In addition to the clear benefits for service delivery, this study will also benefit the partner organisation through assisting it to address the agenda for health provision reform set out by the Welsh Government through the principles of Prudent Healthcare (WAG, 2015; www.prudenthealthcare.wales). Finally, this study will have an impact beyond the particular partner organisation. Across the UK there are over 40 medium secure services for whom the findings of this research would be of interest in order to inform their service models and provision.

Specialist psychiatric services across the UK have evolved over the past 40 years in the absence of any evidence base to support the adoption of different risk management procedures (Department of Health, 2007 a, b) or treatment models (Davies & Oldfield, 2009). Very little is known about how patient outcomes relate to pre-treatment risk, or, how different models of treatment and aftercare are related to criminal or clinical outcomes. Most surprisingly of all, nothing is known about the effects of receiving treatment in specialist services on patients, or about how patients think secure mental health care has affected them.

Application Deadline: 30th June 2017

Proposed work as detailed below:

Design and Analysis: The type of study being used is a longitudinal, retrospective, mixed methods design using Correlational/regression statistics and a qualitative Q sort methodology (Brown, 1993).

Target population: Male and female patients discharged from Welsh medium security into conditions of lower security or the community. Key relatives of patients discharged from Welsh medium security who are nominated by patients to be invited to participate. Participants will be aged over 18 years.

Setting/context: The study is based on healthcare records and interviews with patients discharged from Welsh NHS medium secure mental healthcare services where they were previously detained under the Mental Health Act (1983).
**Sampling:** All healthcare records that meet the inclusion criteria will be considered. The sample size for quantitative analysis is conservatively estimated to be 200 to 300. The sample size for the qualitative analysis is conservatively estimated to be between 20 and 30. Patients currently in contact with the service, due to having been readmitted to medium security, or currently receiving aftercare will be given information about the study with an invitation to meet the researchers to consider participation.

**Data collection:** Information will be obtained from healthcare records to complete structured professional judgement tools that estimate the level of security needed and clinical and offence related risk factors. A coding scheme will be designed to record the nature and frequency of supervision, monitoring and treatment being offered, and details of victim safety planning (e.g. professional contacts with victim liaison officers, exclusion zones etc). Patients’ subjective views about their experiences of medium security and what aspects of medium secure care and risk management planning added value to their lives will be obtained using Q sort methodology. This will allow a potentially large scale qualitative study and robust statistical analysis of the results using both specific Q sort software and factor analysis.

**Quantitative analysis:** Participants will be allocated a unique study reference number. Data will be stored in a database kept on a secure intranet drive within ABMU health board with access restricted to the principle researchers. Person identifiable information will be stored separately. Given the relatively small number of people who receive medium secure care, and the occasional high local or media profile of some patients, demographic data on participants will be as minimal as possible, describing only broad characteristics such as age range, offence type, Mental Health Act section and type of destination on discharge (24 hour supervised community setting, prison, low security independent accommodation etc). Quantitative data will be coded and analysed using SPSS. The study will employ a longitudinal, retrospective case note analysis and correlational statistics. Short-term treatment effects will be measured as the difference between scores on a range of structured professional judgement tools at admission and at discharge. Multiple regression will be used to determine whether variance in clinical and forensic outcomes can be explained by changes in patient characteristics during treatment, by aftercare planning/supervision, or, by a combination of these factors.

**Mixed methods analysis:** Patient perceptions of the effects of medium secure care on them and subsequent effects on their risk for offending and clinical relapse will be analysed from a self-selected sub-set of ex-patients to include small groups showing small, intermediate and large treatment effects. Q sort methodology will be used to explore ex-patients subjective views about the value to them of the care and risk management planning they received as a result of admission to medium secure hospital and will allow analysis of the range of subjective views expressed. Statements for the Q sort will be generated with the assistance of current medium secure patients who will be invited to contribute to the development of the Q sort protocol (Brown, 1993), relatives of current patients, practitioners and issues raised in the extant literature on outcomes from medium security. The results will be factor analysed using specific Q sort methodology software and SPSS.

**Dissemination and projected outputs:** The findings will be presented in reports and feedback events to mental health service managers and in publications in peer reviewed journals. Presentations will be made to Welsh forums such as the Offender Health Research Network, the South Wales Local Mental Health, Learning Disabilities and Criminal Justice Planning Group, the Forensic Psychology Forum, Royal College of Psychiatry meetings and other local conferences and meetings concerned with mental health and criminal justice.

The scholarship offers all eligible participants (student):
- KESS PhD Scholarship holders do not pay fees;
- A monthly stipend in line with RCUK rates: 3 years of funding @ £14,198 per year for PhD
- An additional budget to support your research of £3,000 for travel, conference attendance, minor equipment, consumables and training
- An opportunity to access a suite of higher level skills training & attendance at a residential KESS Grad School
- A minimum of 30 days a year working with the company partner on their allocated project
- Students must complete & submit their thesis within 3.5 years for PhD
All participants must complete the KESS Postgraduate Skills Development Award

To be eligible for the scholarship, applicants should have UK or EU Citizenship, and be resident in the convergence area of Wales on appointment (or be studying in or working in the convergence area immediately prior to starting the project), and should have the right to work in the region on qualification. Residence confirmed by providing documents such as driver’s licence, tenancy agreement or recent statement from bank or building society.

The map for the eligible can be found here. NB: The map also illustrates other assisted areas in the UK, however only the West Wales and the Valleys (in blue/grey: noted as 'a' areas) is eligible in this project.

To obtain an application form (Participant Application Form) and for further information regarding KESS2 at Cardiff Metropolitan, Please click here

To apply, please submit completed application form to Dr Andrew Watt, Email: awatt@cardiffmet.ac.uk.

Interviews for this post will take place in the week beginning the 10/07/17, with a proposed commencement date of 01/09/17.

Funding Notes:
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