

INPLASY

Effectiveness of Peer Support Programs for Individuals with Severe Mental Illnesses: A Systematic Review and Meta-Analysis

INPLASY202430127

doi: 10.37766/inplasy2024.3.0127

Received: 29 March 2024

Published: 29 March 2024

Lee, SN; Yu, HJ.

Corresponding author:

Heajin Yu

heajinyu@syu.ac.kr

Author Affiliation:

Sahmyook University.

ADMINISTRATIVE INFORMATION

Support - N/A.

Review Stage at time of this submission - Completed but not published.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202430127

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 29 March 2024 and was last updated on 29 March 2024.

INTRODUCTION

Review question / Objective The purpose of this systematic review and meta-analysis was to review randomized controlled trials (RCTs) that measured the effectiveness of peer support programs among individuals with severe mental illnesses. The specific aims were: 1) to identify the types of peer support programs used for individuals with SMIs in outpatient or inpatient settings; and 2) to determine the outcomes of the peer support programs for individuals with SMIs.

Condition being studied The majority of the individuals with Severe Mental Illness(SMI) have been diagnosis of psychotic disorder, bipolar disorder and major mood disorder, and they have continued to utilize mental health services for an average of 13 years and have had several acute psychiatric admissions. SMIs are often resistant to

usual treatments as they experience difficulties in managing their daily activities and contributes to a wide variety of functional disabilities, especially within social and occupational domains. To overcome these shortcomings, modern mental health systems have shifted from a healthcare model to a recovery model..

METHODS

Participant or population Individuals with severe mental illness.

Intervention Peer Support Prom.

Comparator Control group(waitlist, usual care, no treatment).

Study designs to be included Randomized Controlled Trial.

Eligibility criteria Eligible participant populations were adults aged 18 and over with severe mental illness conditions. Participants were identified as having confirmed mental health conditions if they met the following criteria: Studies were included where peer support was intentionally provided by a peer worker; for adults using mental health services in community resident. Studies published within the last 20 years, from Feb 2003 to Jan 2023.

Information sources The literature review process was conducted in accordance with the Cochrane Collaboration's guidelines for systematic reviews of interventions [31] and reported following the Preferred Reporting Items for Systematic Reviews and Met-Analysis (PRISMA) statement [32]. A comprehensive search was conducted on PubMed, Embase, Cumulative Index to Nursing and Allied Health Literature (CINAHL), Cochrane Library. In addition, the Google Scholar electronic database was used for hand-searching.

Main outcome(s) We included studies that reported any of the outcomes below: Personal Recovery were included such as hope, identity, personal confidence, self-efficacy and quality of life, relationships, empowerment, and working alliance. Clinical Recovery were included studies reporting clinical outcomes, such as any measure of psychiatric symptoms, including clinical recovery rates.

Quality assessment / Risk of bias analysis Assessment of risk of bias in the selected literature was independently assessed by two review authors (SNL and HJY) using the Cochrane Group's Randomized Controlled Trials Assessment Tool, Cochrane Risk of Bias (ROB) Version 1.0. In case of disagreement about the evaluation results, the reasons for selection were discussed and agreed upon. Risk of bias for each domain was rated as high (seriously weakens confidence in the results), low (unlikely to seriously alter the results) or unclear.

Strategy of data synthesis The details of the study sample and therapy characteristics in both the intervention and control groups were methodically obtained and organized. Cochrane's review data extraction form was employed to collect trial characteristics information. To evaluate the impact of peer support program in individuals with SMIs, effect sizes were determined using Review Manager 5.3 software (RevMan). The overall effect size was derived from the calculation of the weighted mean difference, 95% confidence intervals, and standardized mean differences

(SMD). The random-effects meta-analysis model posits that the observed treatment effect estimates may differ across studies due to actual variations in the treatment effect within each study, as well as sampling variability. Due to this reason, in our study, a random-effect model was used in the qualitative analysis.

Subgroup analysis Subgroup analysis will be conducted regarding intervention duration, types of instrument used, etc.

Sensitivity analysis N/A.

Country(ies) involved South Korea.

Keywords Severe Mental Illness, Peer Support, Inpatient, Outpatient.

Contributions of each author

Author 1 - Sung Nam Lee.

Author 2 - Heajin Yu.