Using Thrive's *Insight* system to explore the effectiveness of STH

Royal College of Physicians

18 November 2013

The '*Insight*' Database

- Introduced in 2010 for all clients
- Demographic data:
  - Date of Birth, gender, condition personal details
- Behavioural scores – a range of different behaviours recorded at <u>each session</u>.
  - include *social interaction*, *communication*, *motivation* etc
- *Microsoft Access* database
  - Extract and analyse data

Demographics

Age and gender

	Female	Male	Total
Number	69	202	271
Percentage	25.5%	74.5%	100.0%
Mean age	43.7 years	38.2 years	

Disability groups

Disability Group	Number	Percentage
Autism	20	8.0
Brain Injury	2	.8
Dementia	7	2.8
Drug/Alc Misuse	3	1.2
Hearing Impaired	1	.4
Learning Disability	101	40.4
Mental Health	101	40.4
Rehabilitation - Neuro Stroke	6	2.4
Rehabilitation - Other	7	2.8
Visually Impaired	2	.8
Total	250	100.0

Time spent at Thrive

	Number	Mean (Years)	Maximum
Battersea	186	1.5 (± 2.9)	19.5
Trunkwell	85	4.4 (± 4.4)	18.0
Total	271	2.4 (± 3.7)	19.5
Male	69	2.7	$p < 0.05$
Female	202	1.5	

Behavioural Data

Behavioural data analysis

- scores of *social interaction, communication, motivation, task engagement*

  - Most data collected for these particular behaviours
  - These behaviours appear to represent a key element of the STH programme at Thrive
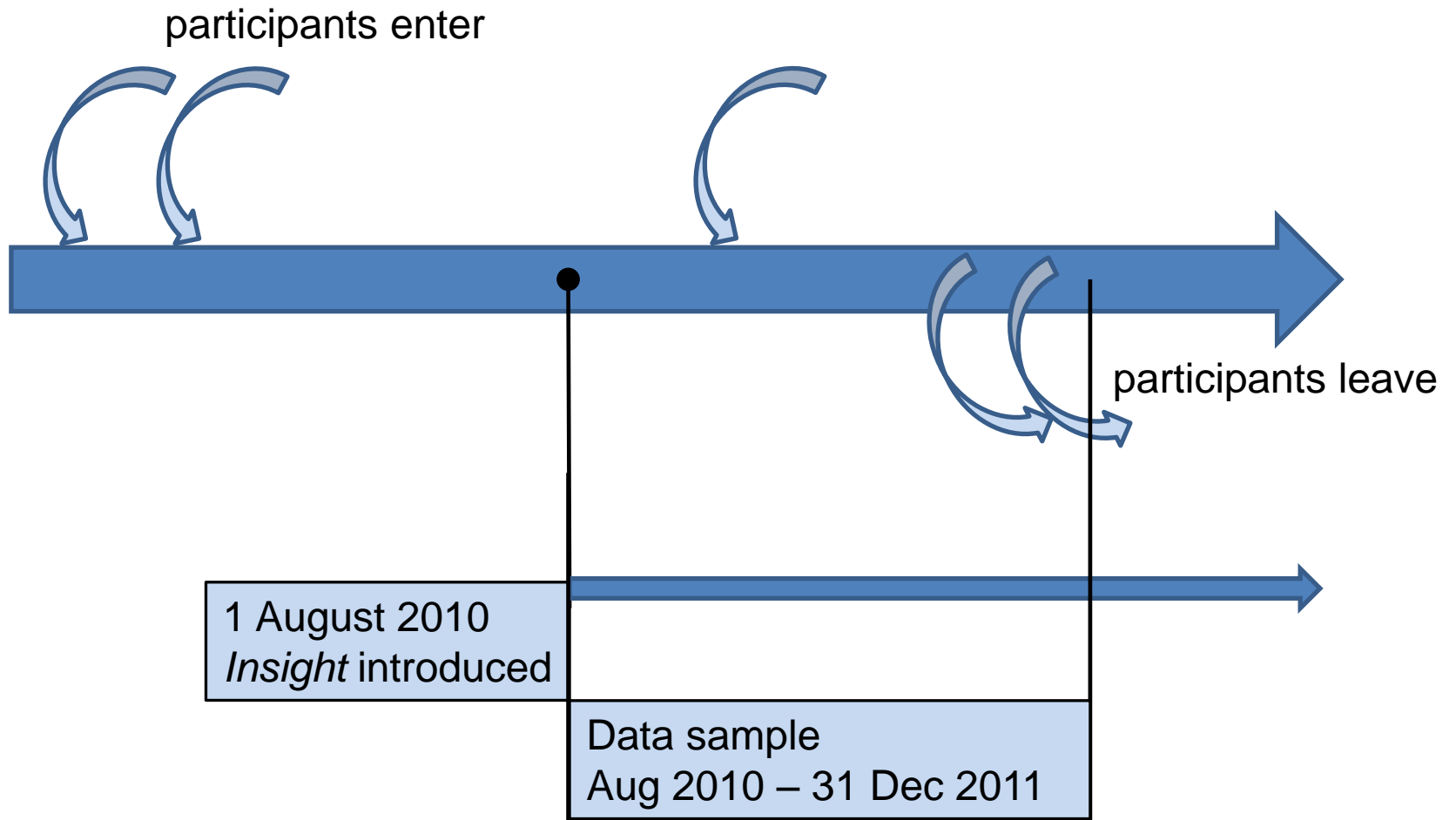
Study timeline

STH Programme

Study timeline

participants enter

Study timeline

participants enter

participants leave

Study timeline

participants enter

participants leave

1 August 2010
Insight introduced

Study timeline

participants enter

participants leave

1 August 2010
Insight introduced

Study timeline

participants enter

participants leave

1 August 2010
Insight introduced

Data sample
Aug 2010 – 31 Dec 2011
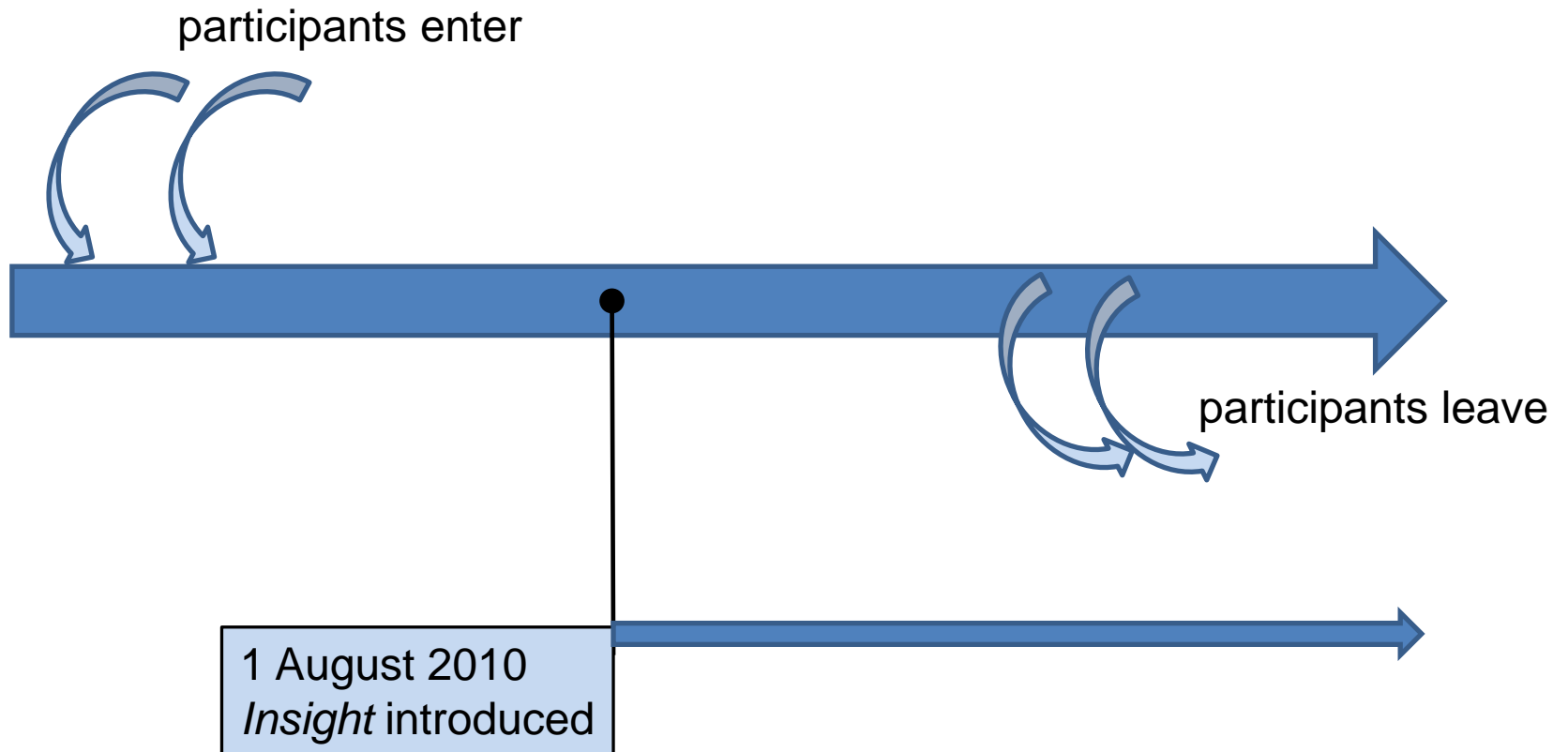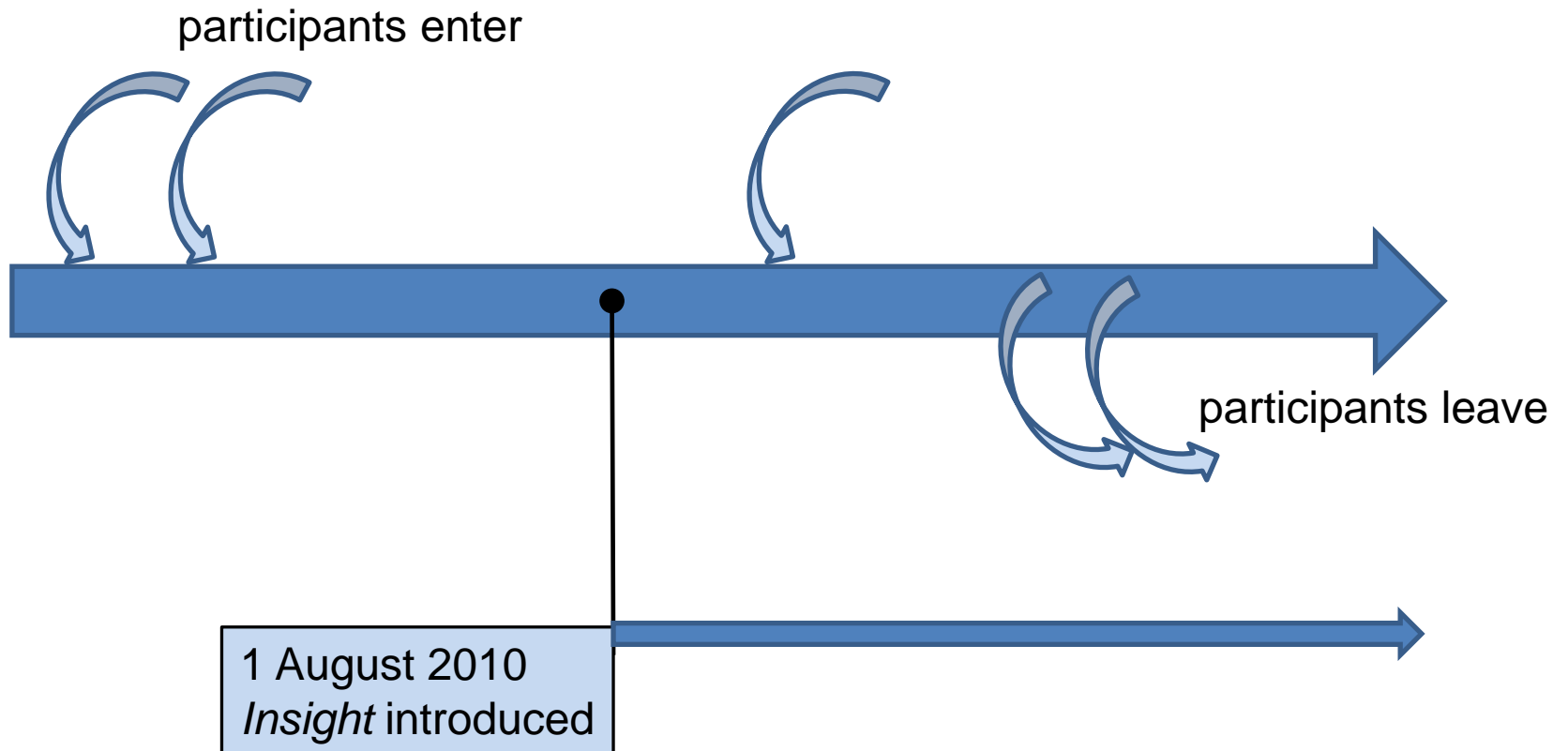
Longitudinal Analysis

- 'longitudinal' – how the behavioural scores of clients change over time at Thrive

Longitudinal study

participants enter

participants leave

Change in scores
Aug 2010 – 31 Dec 2011

Longitudinal study

participants enter

Time '0'

participants leave

Change in scores
Aug 2010 – 31 Dec 2011

Longitudinal study

participants enter

Time '0'

Time '0'

participants leave

Change in scores
Aug 2010 – 31 Dec 2011

Longitudinal study

participants enter

Time '0'

Time '0'

participants leave

Selection by time at Thrive

Change in scores
Aug 2010 – 31 Dec 2011
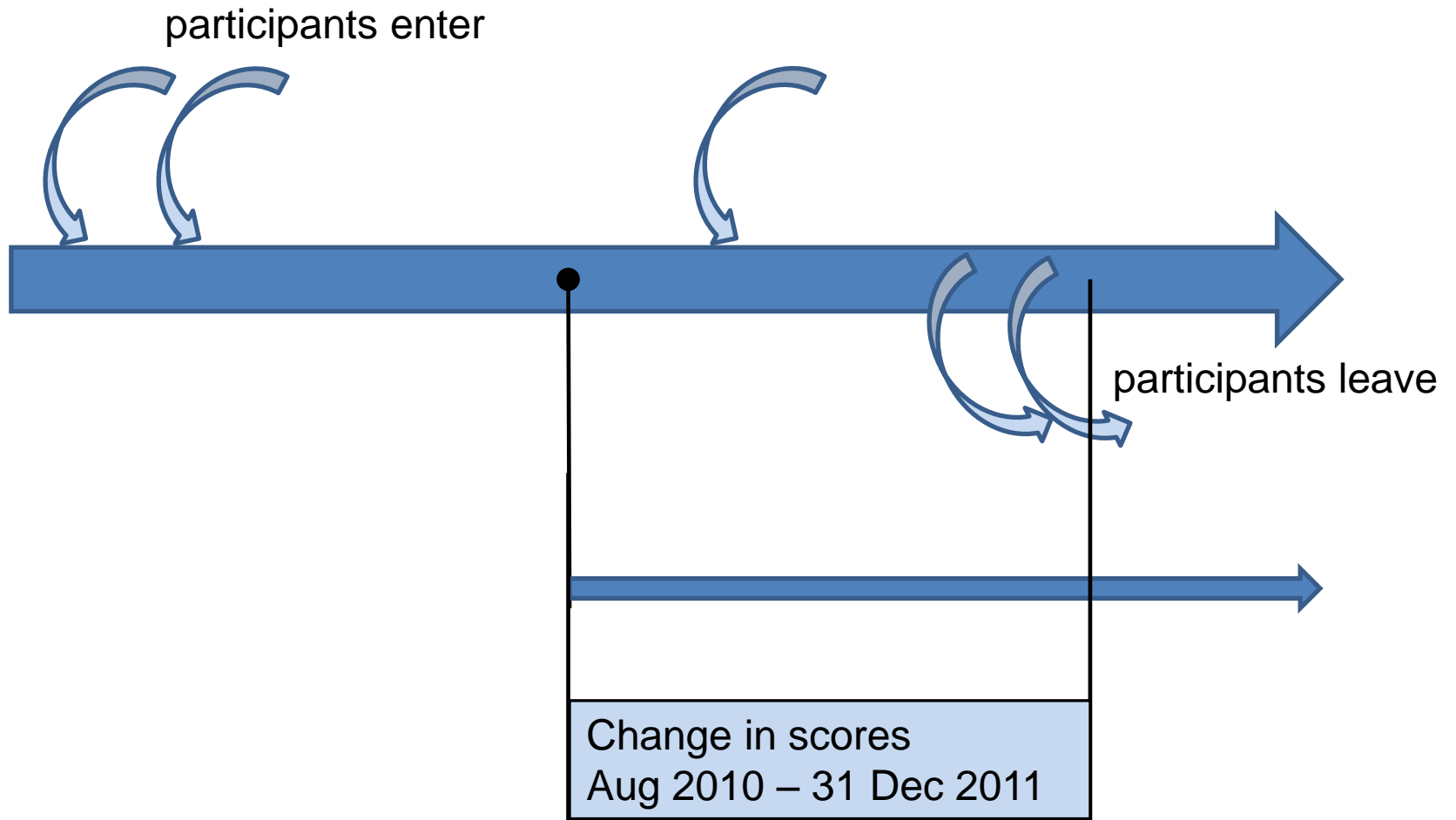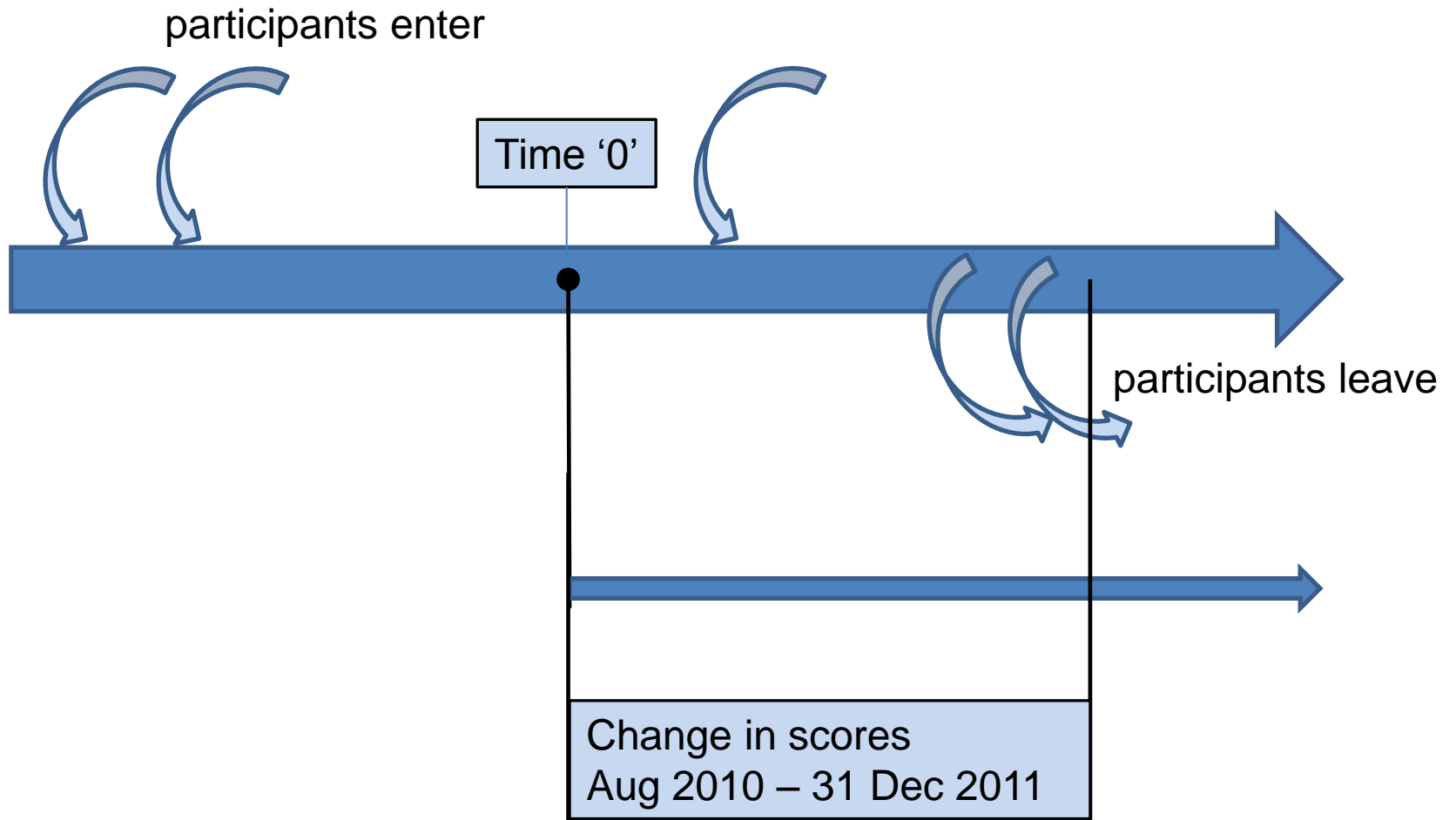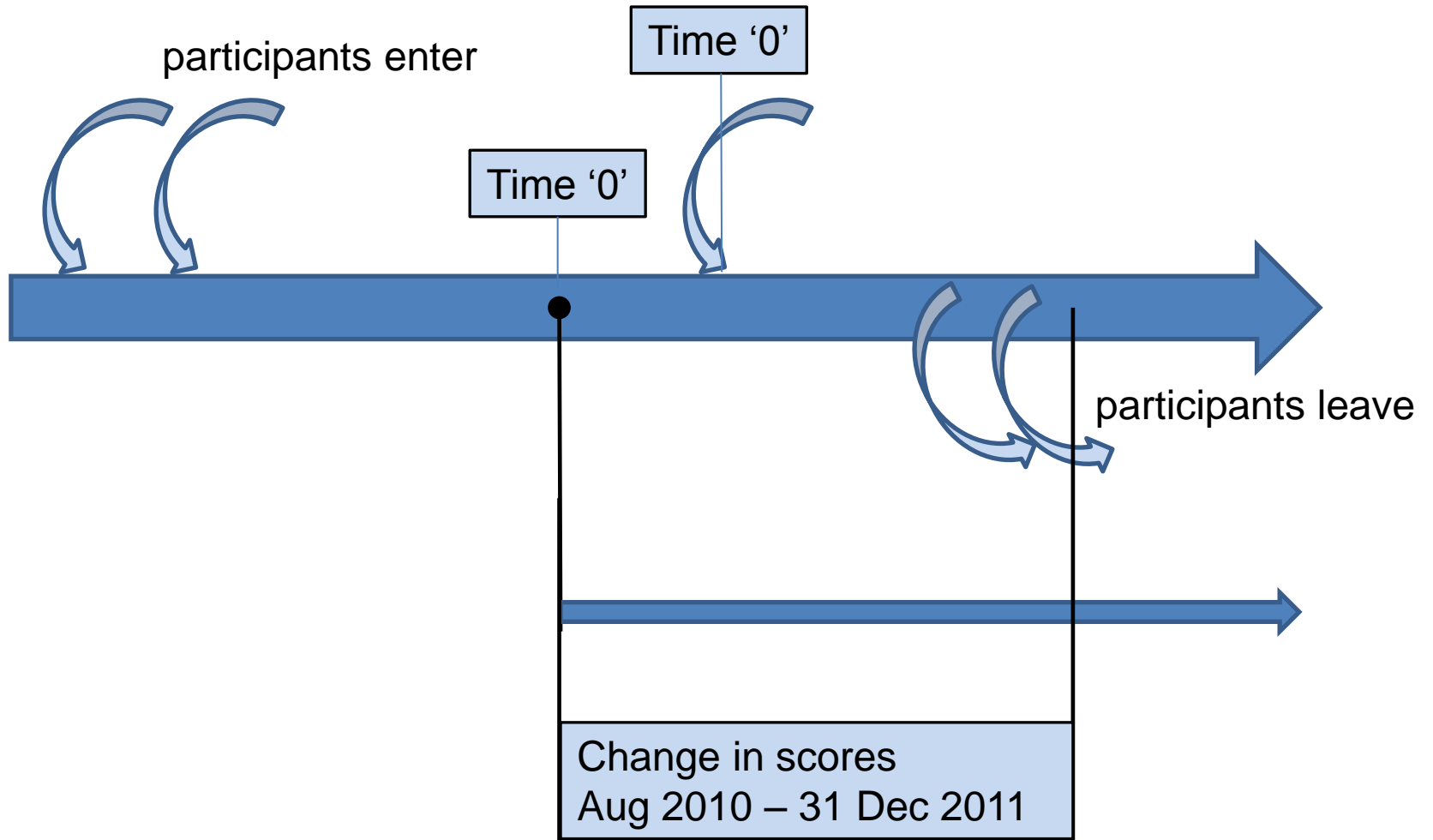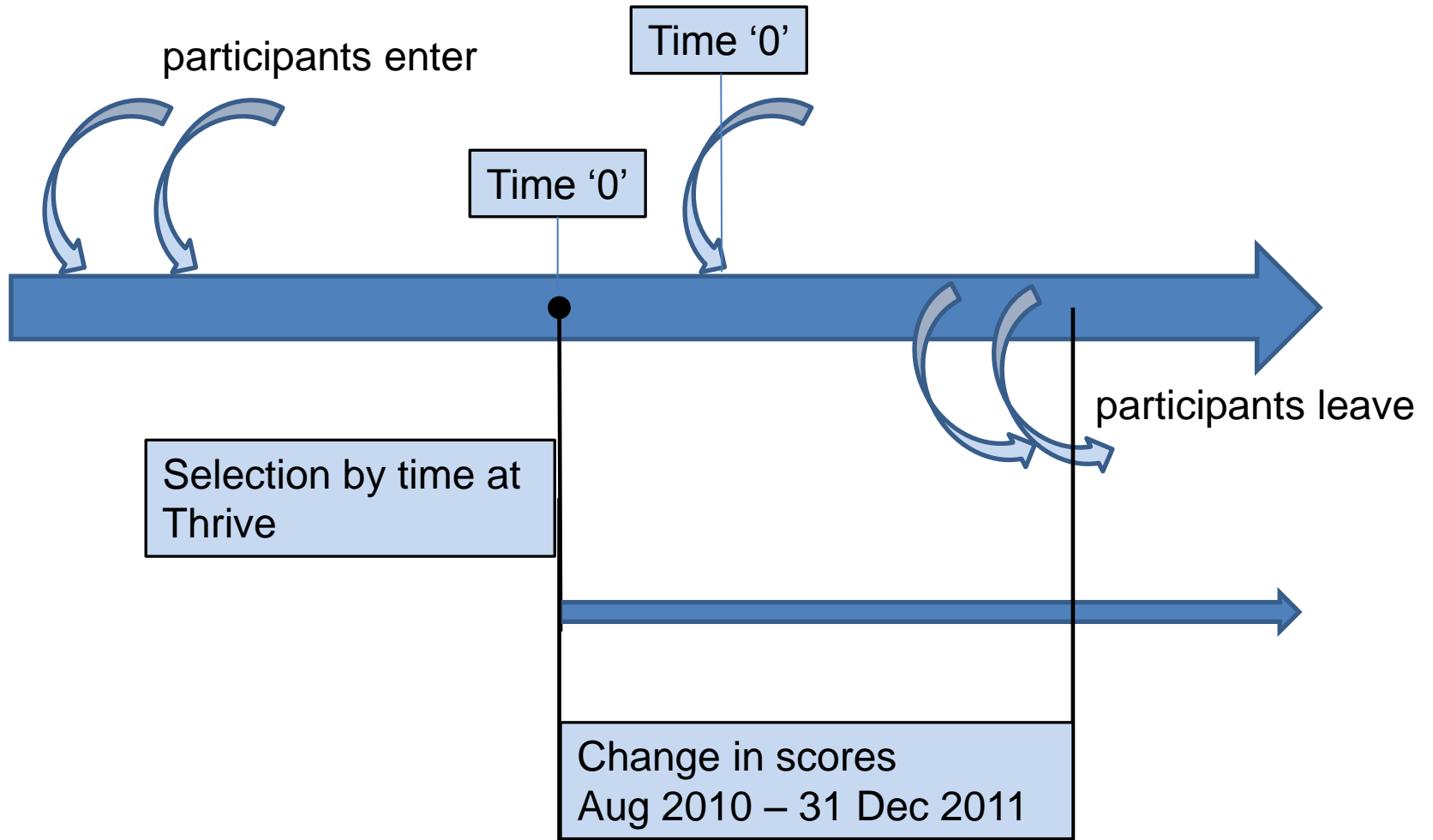
Social interaction – all participants
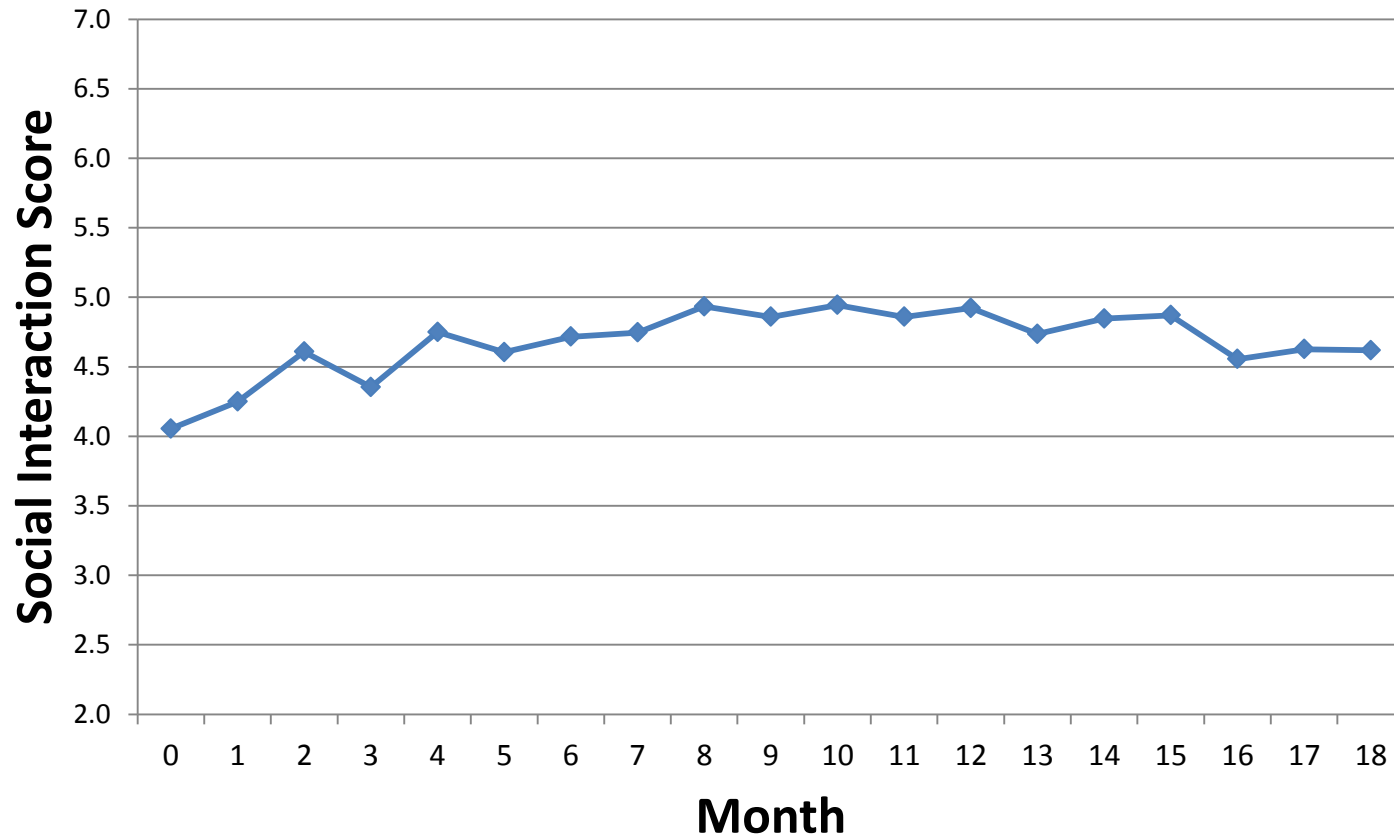
Social interaction
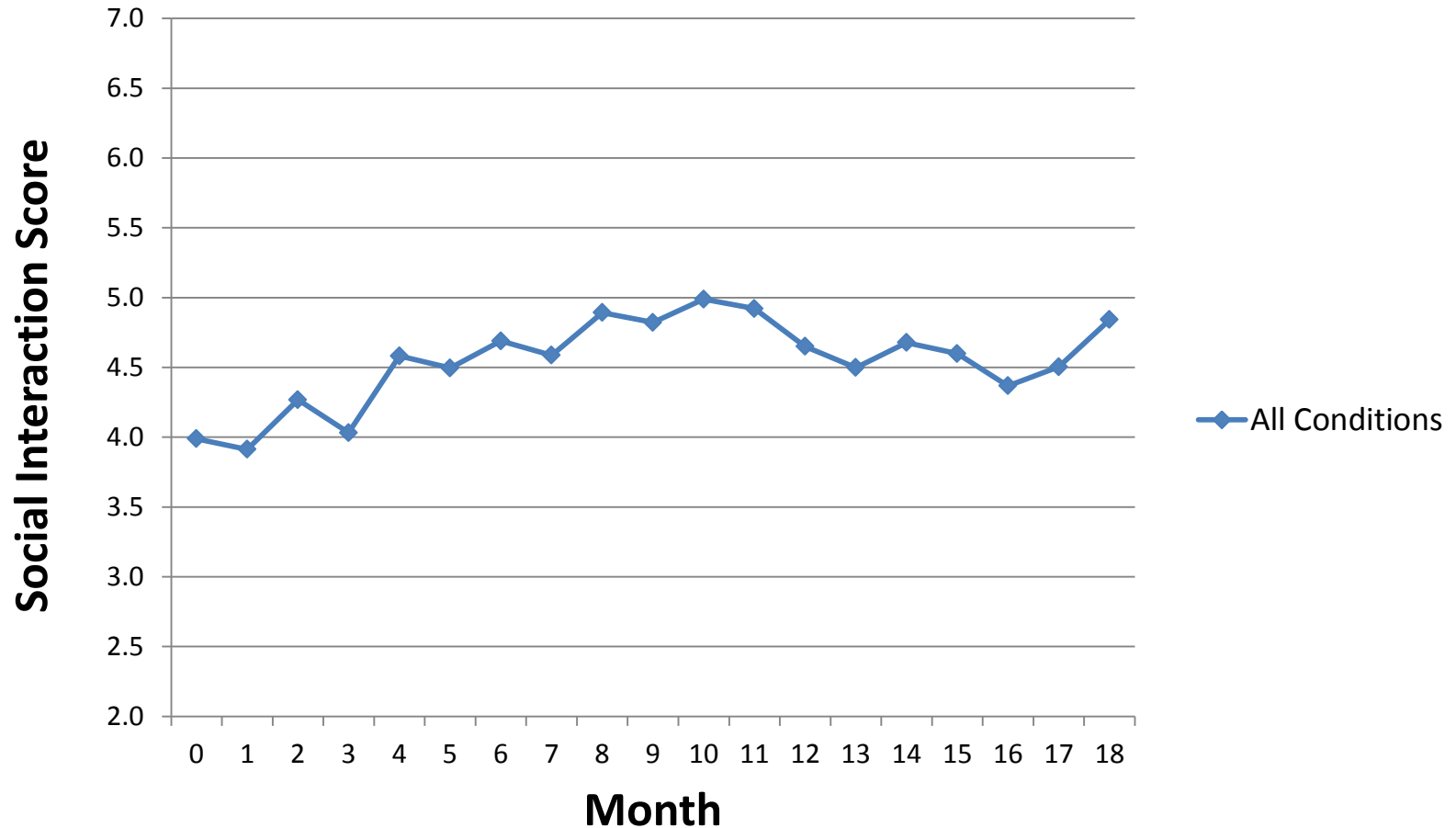
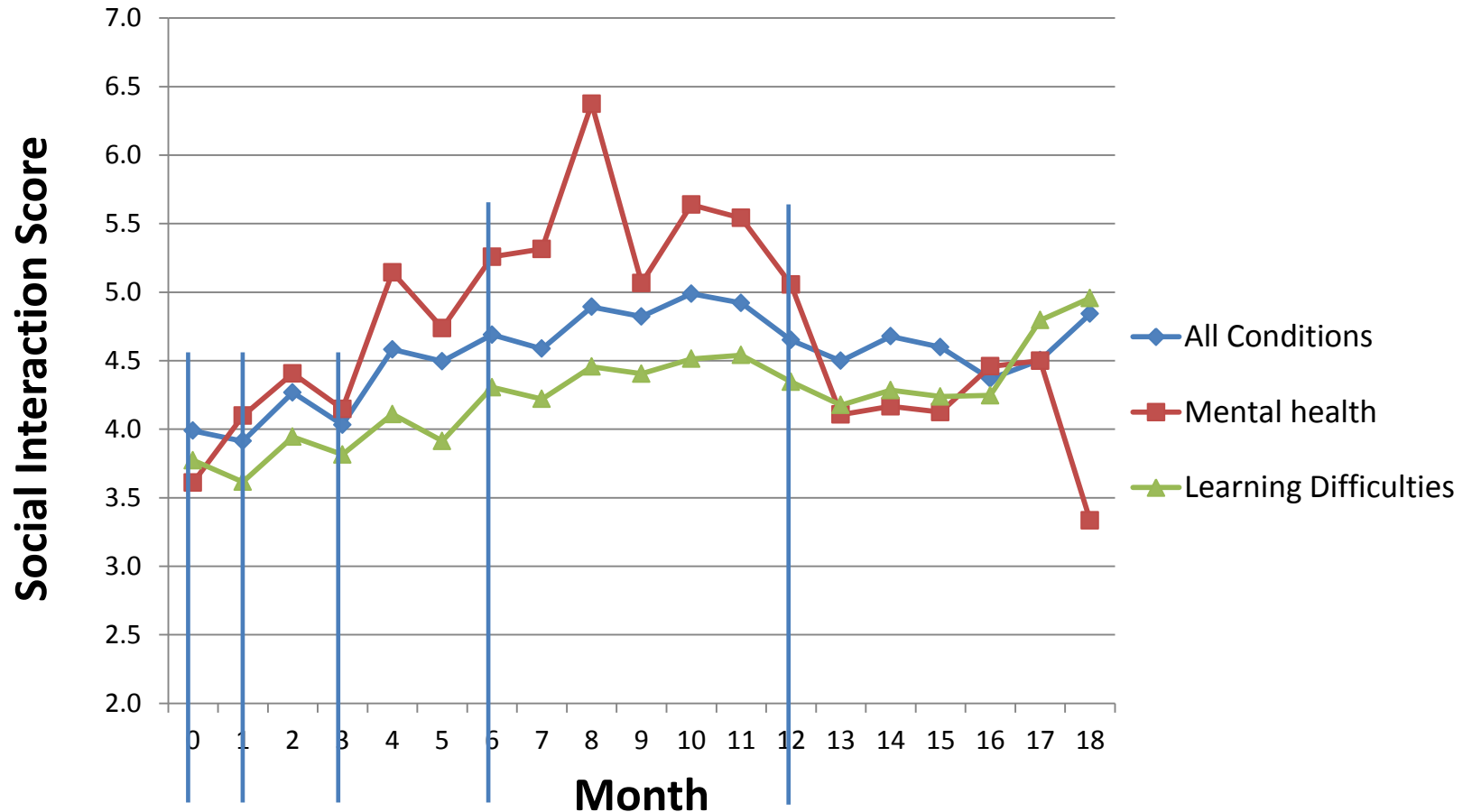(excluding participants who had attended > 12 months)

Social interaction
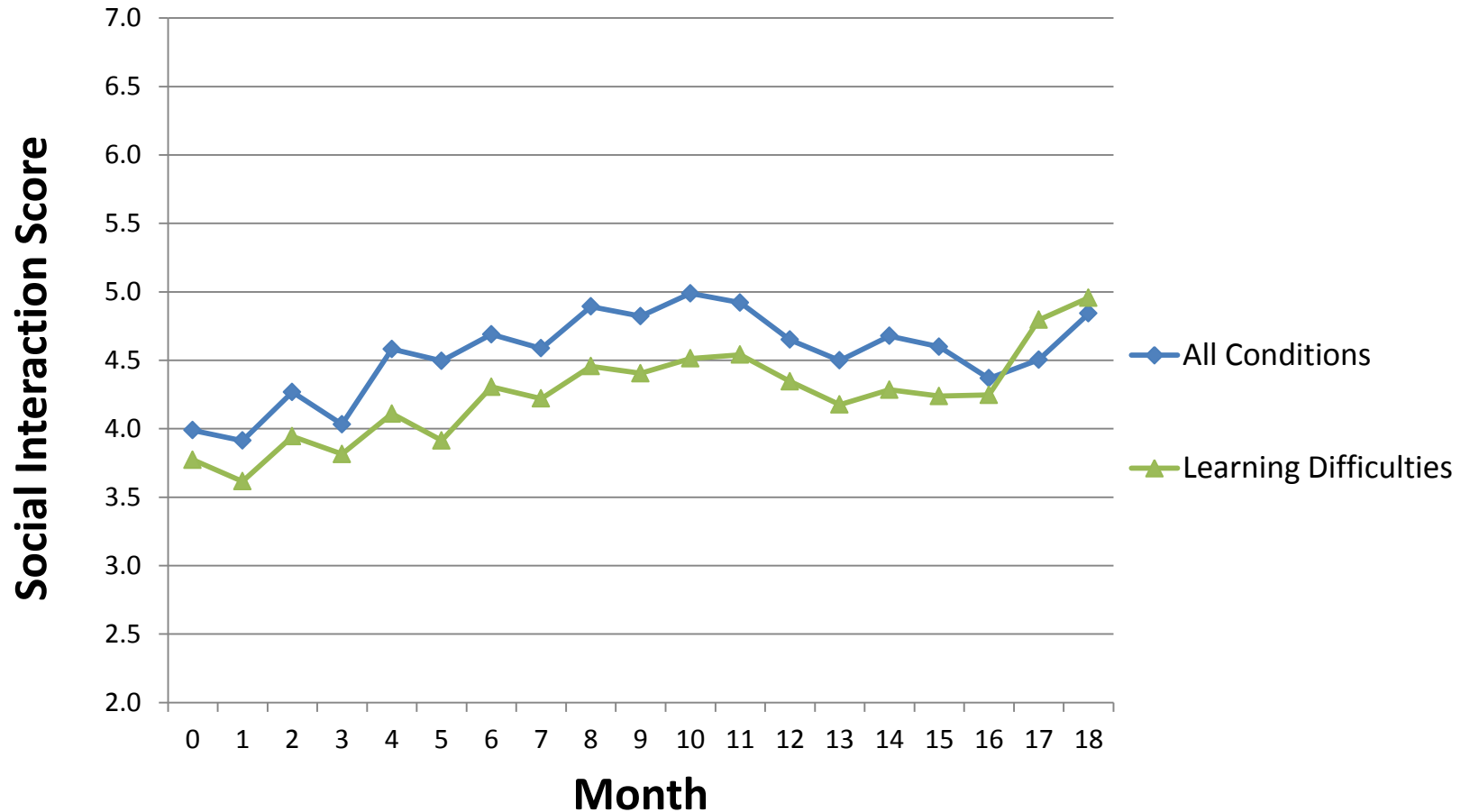
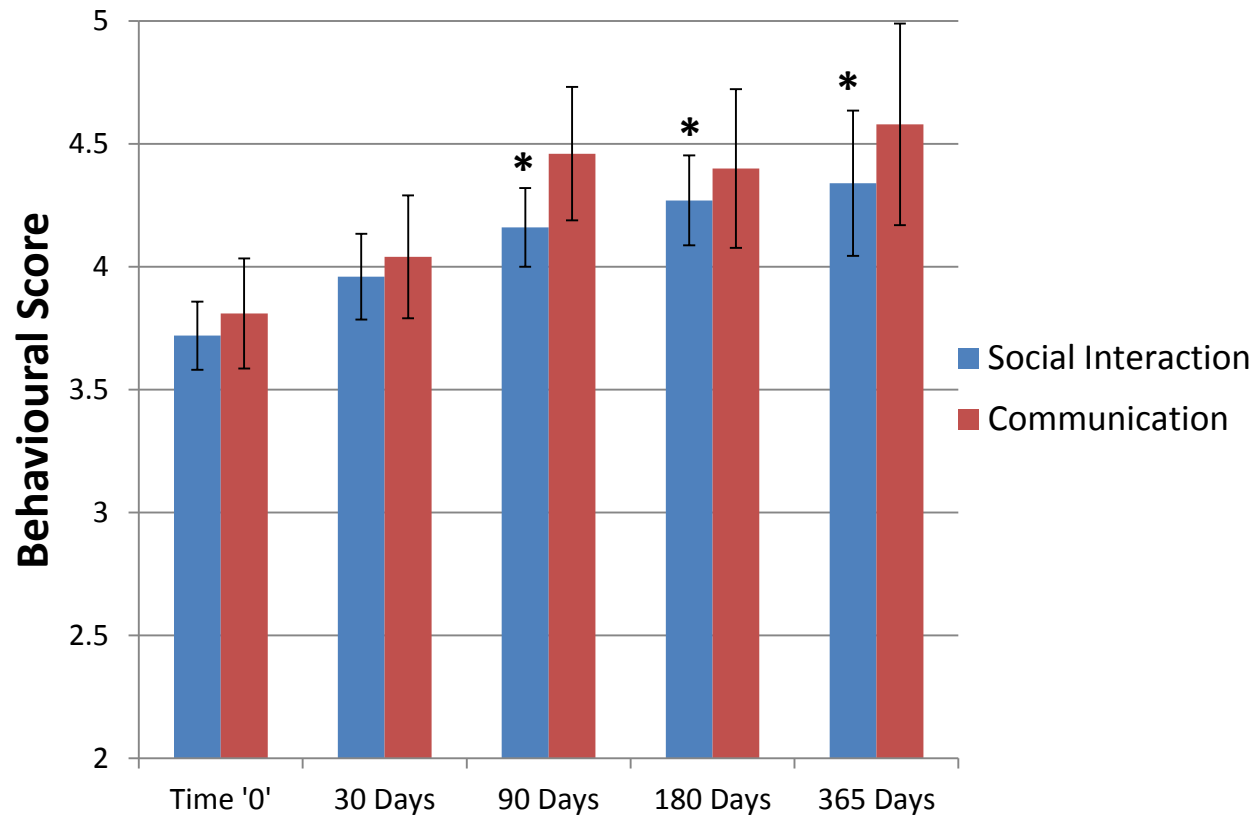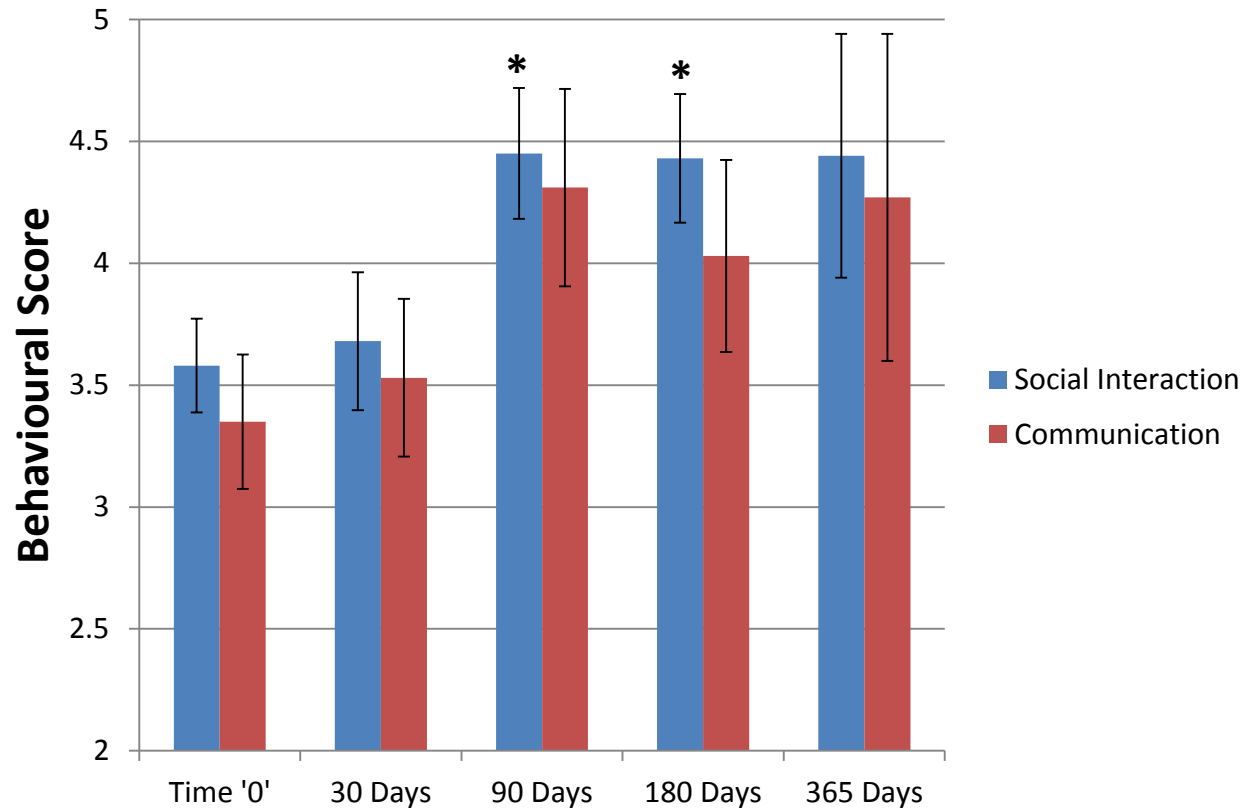(excluding participants who had attended > 12 months)

Social interaction
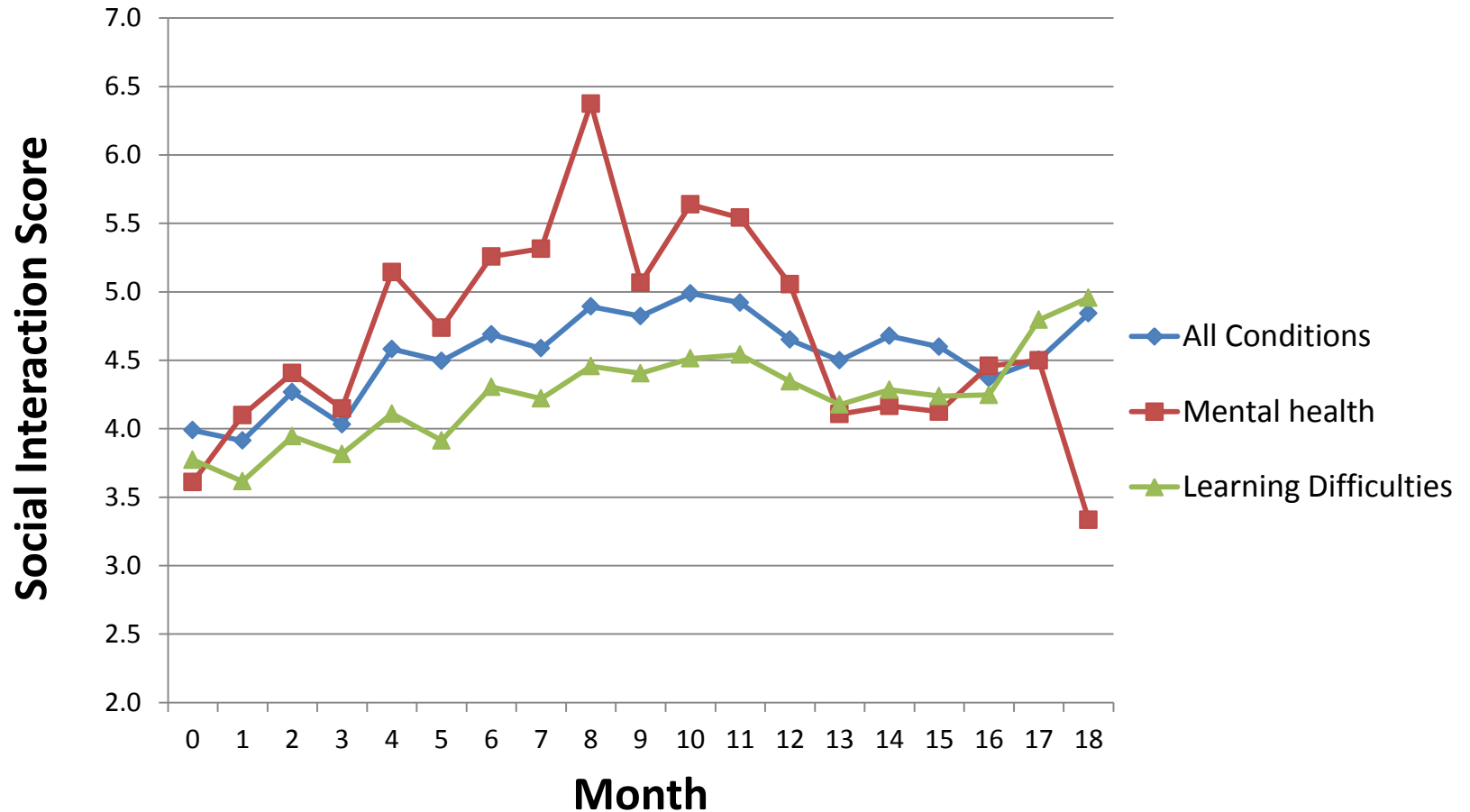
(excluding participants who had attended > 12 months)

Social interaction

(excluding participants who had attended > 12 months)

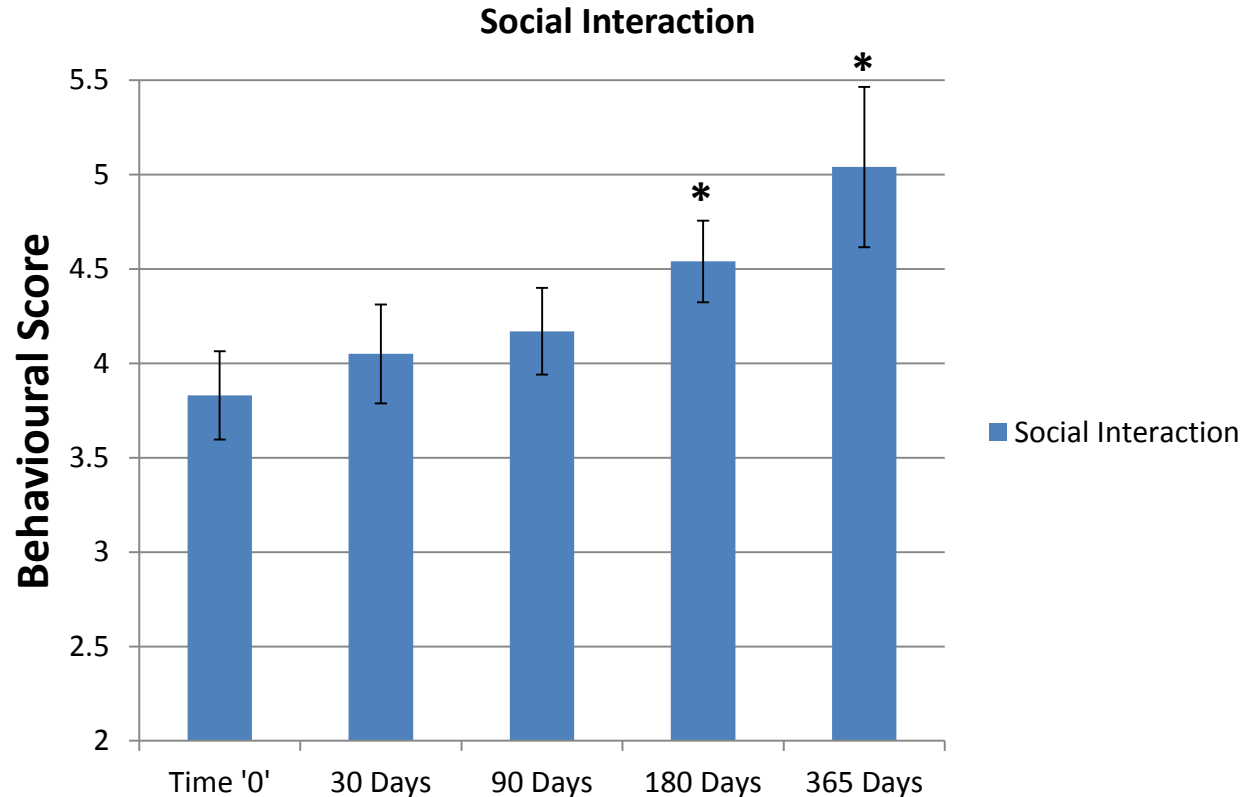# Social interaction & communication

All conditions:
excluding participants who had attended > 3 months

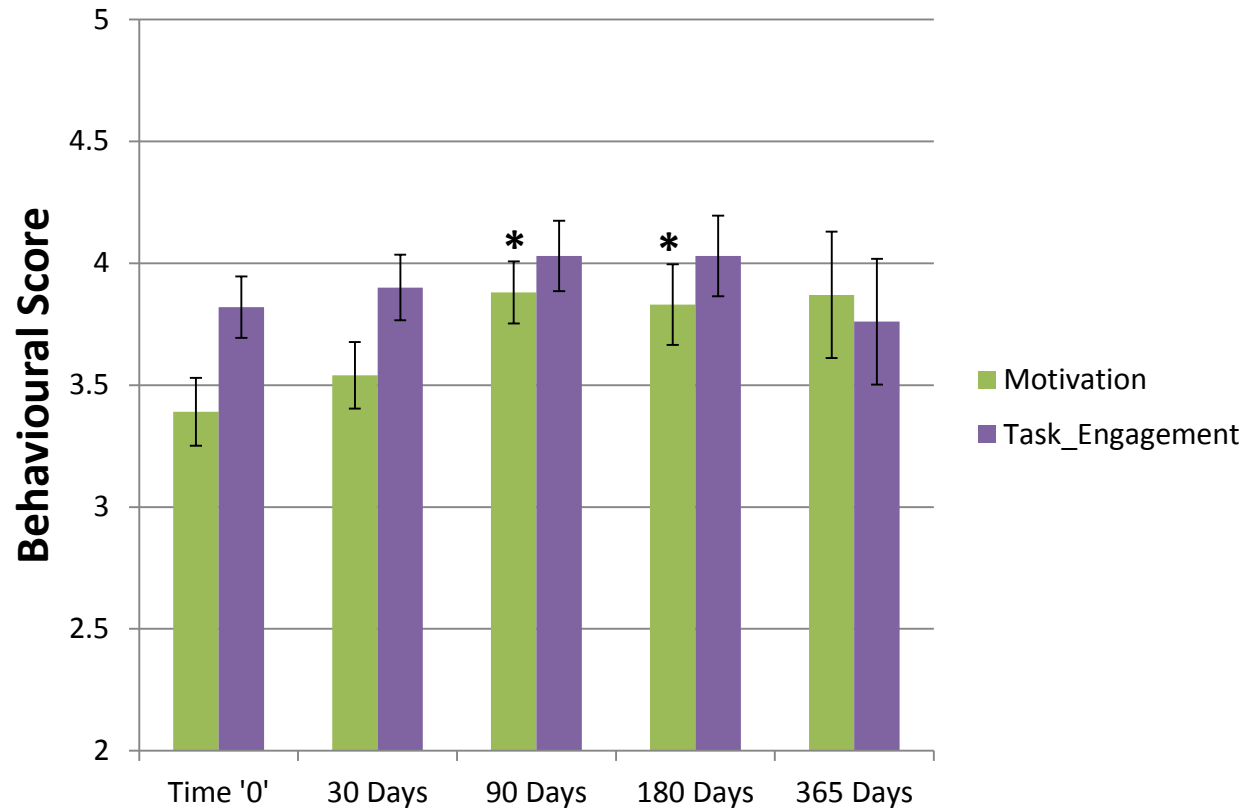# Social interaction & communication

Participants with learning disabilities:
excluding participants who had attended > 3 months

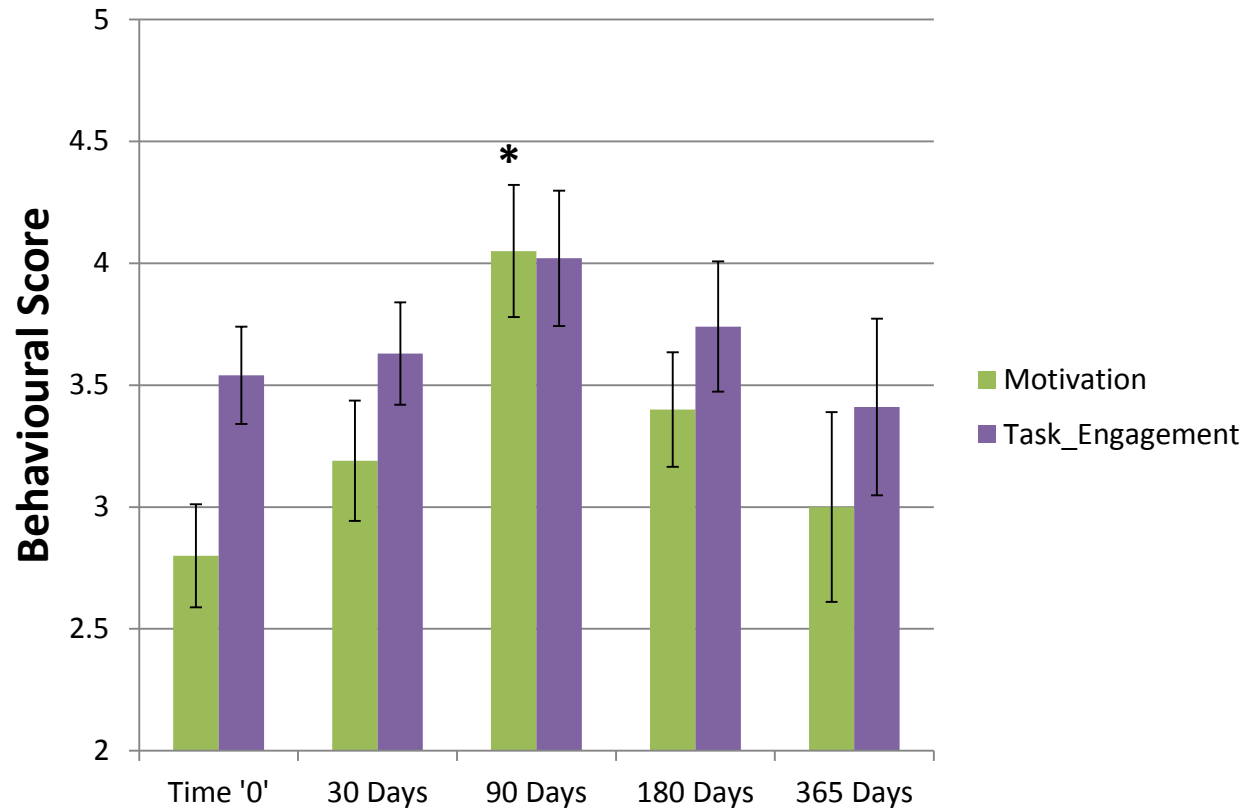# Social interaction & communication

Participants with mental health problems:
excluding participants who had attended > 3 months

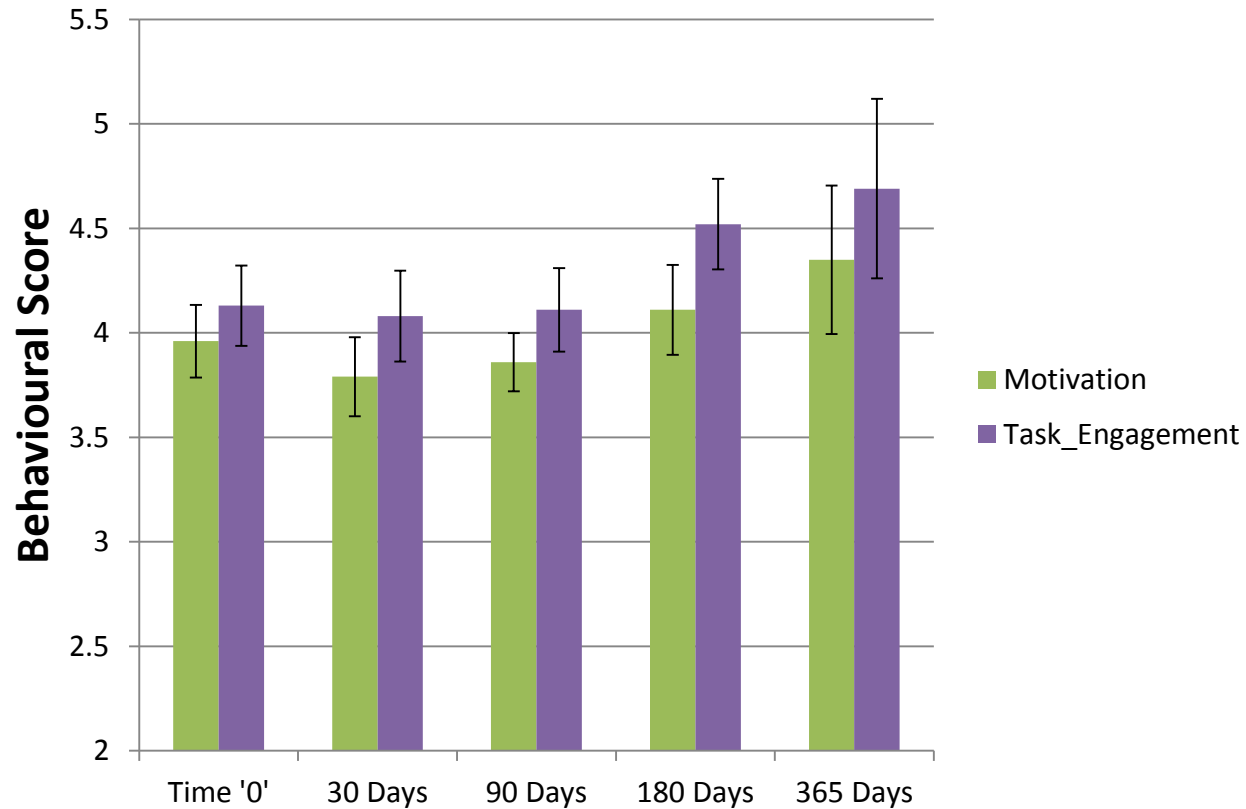# Motivation & task engagement

All conditions:
excluding participants who had attended > 3 months

Motivation & task engagement

Participants with learning disabilities:
excluding participants who had attended > 3 months
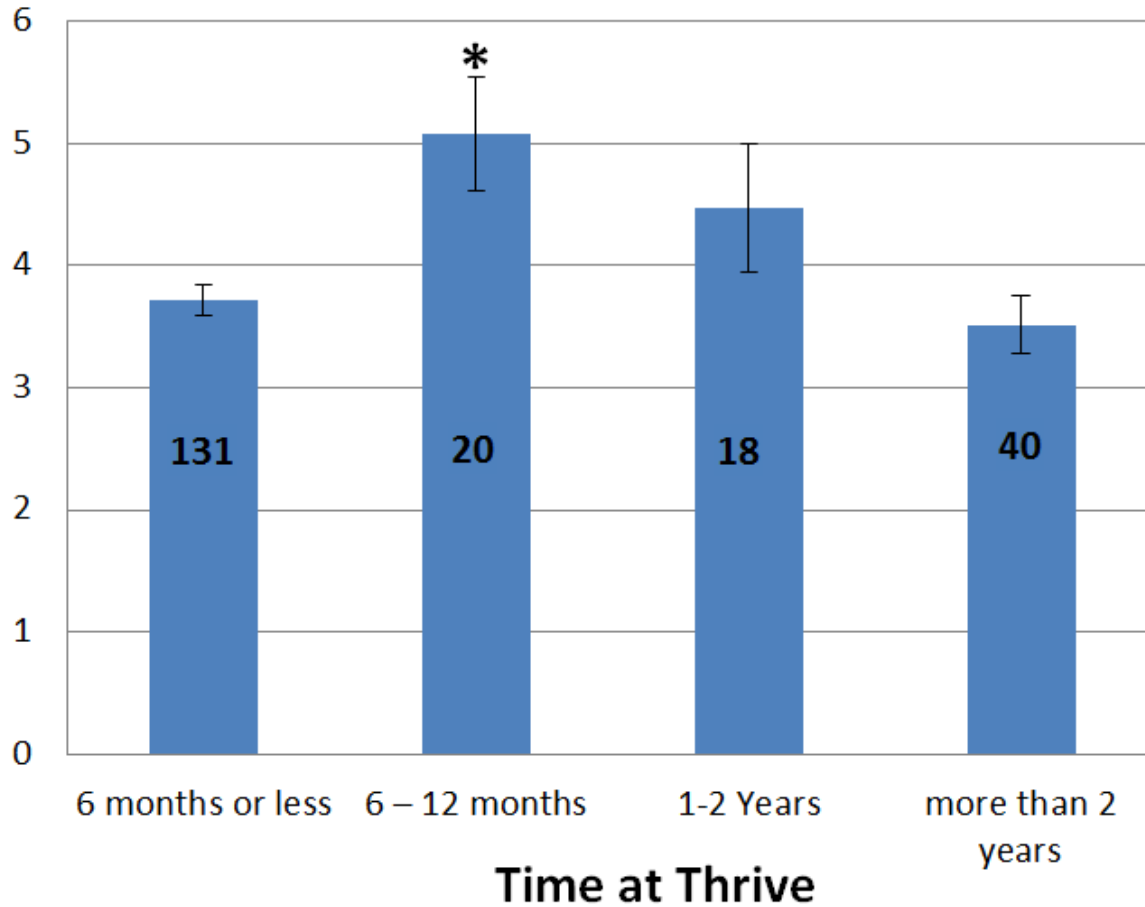
Motivation & task engagement

Participants with mental health problems:
excluding participants who had attended > 3 months

Cross-sectional analysis

- 'Cross-sectional' – how different are the behavioural scores of clients who have been at Thrive for different periods of time?
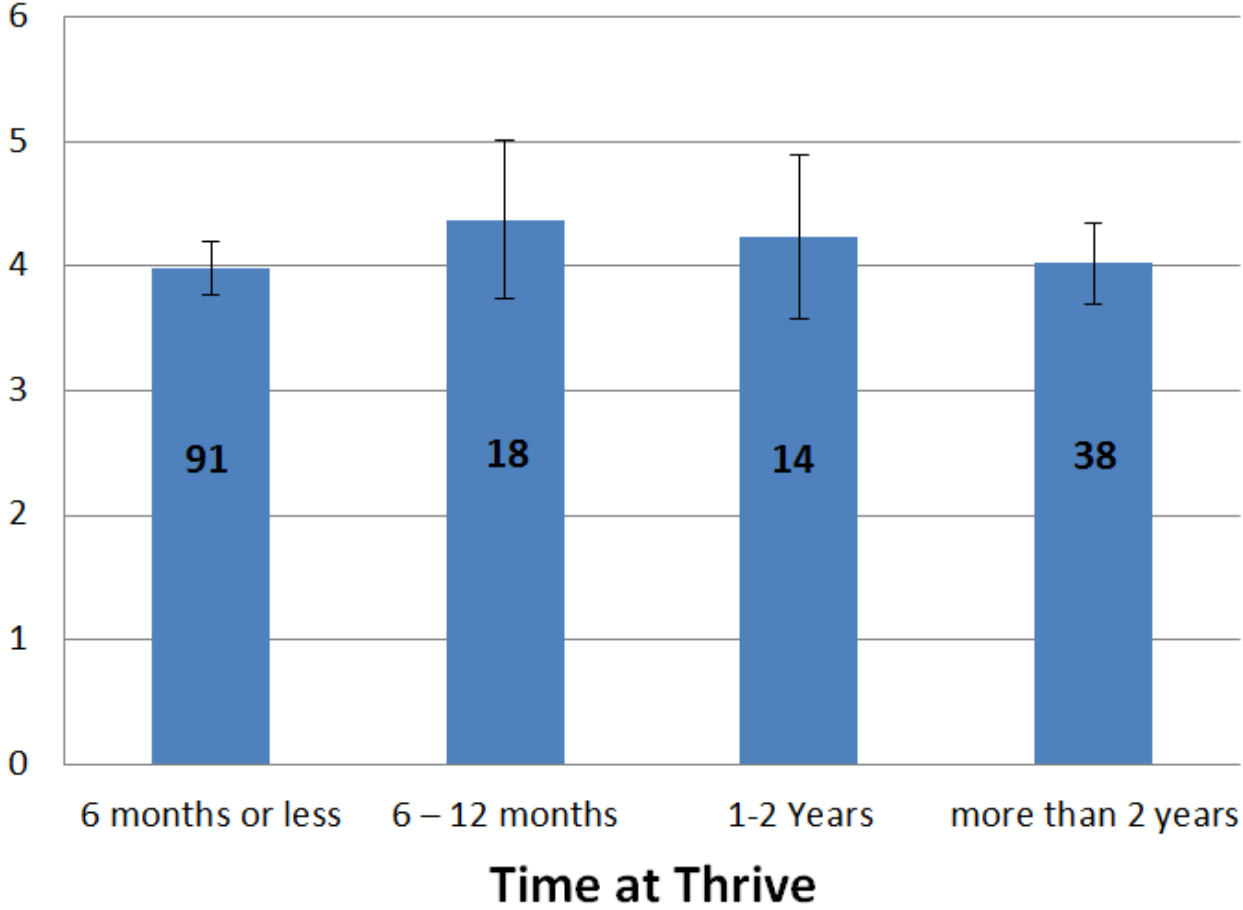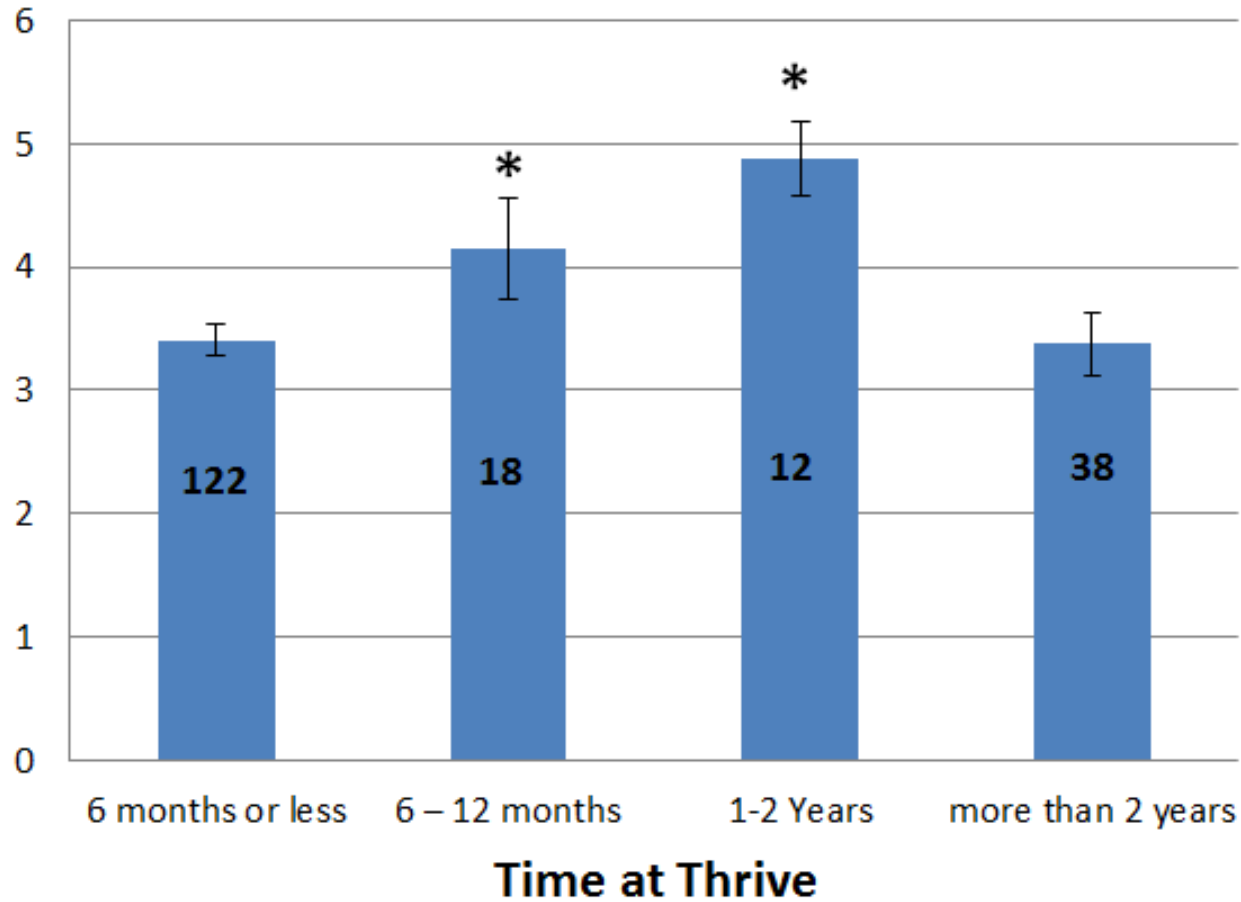
Cross-sectional analysis

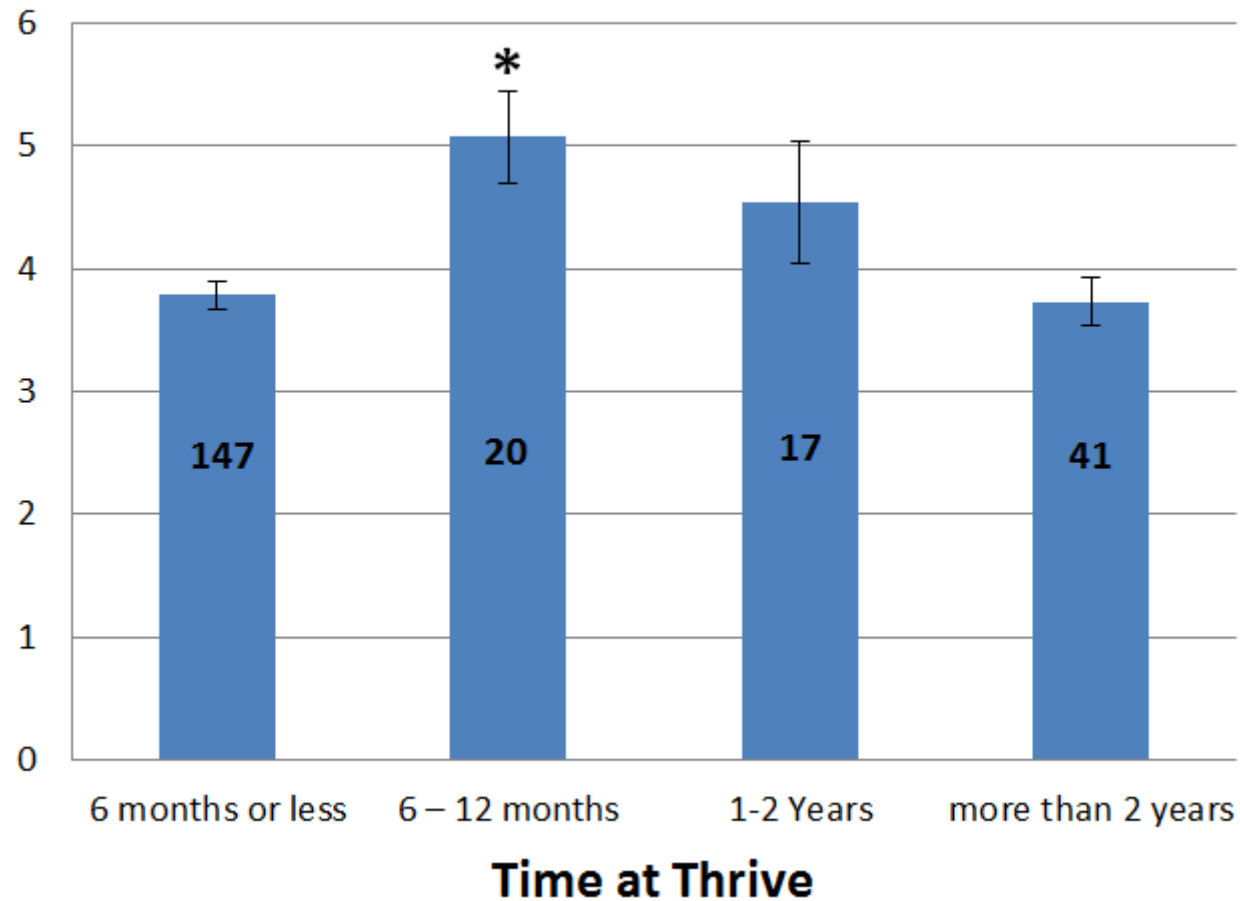**Social Interaction**

Cross-sectional analysis

Communication

Cross-sectional analysis

Cross-sectional analysis

Conclusions

- Significant improvements in scores of *social interaction, motivation* and *task engagement*
- No significant changes in *communication* scores
- Effect seen after approx 3 months
- Maximum effect and plateau at around 12 months
- 'Fade' beyond 1-2 years?

Joe Sempik
Research Fellow,
School of Sociology and Social Policy
University of Nottingham
joe.sempik@nottingham.ac.uk

Some limitations

- Not a 'validated' instrument (no normative data)
- Only 1 item per behaviour
- Not all behaviours recorded (reduced numbers for analysis)
- Different scales for different behaviours
- **But scope for development and sensitive to change**