



# Khiron Clinics Annual Outcomes Report 2020

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**Independent Data Report prepared by Growing Better Lives cic ltd**

**April 2021**

A report for client of Khiron Clinics who completed therapy in 2020.

## Cohort 2020

This report is based on outcome measures for clients who completed or ceased treatment with Khiron Clinics in 2020. They had a last recorded session date within 2020. All these clients had inpatient status – either at the Clinic or House. No outpatient data has been considered in this report.

During 2020 a total of 34 clients completed or ceased treatment with Khiron Clinics. However one client had not completed any outcome measures (treatment length 31 days) and a further eleven had only completed one measures (treatment length ranging from 4 days to 166 days, mean 62 days). The data report below is on the remaining 23 clients.

The female to male gender ration was 74: 26 (2019 63:37). The length of stay ranged between 20 and 728 days, with a mean length of stay of 157 days (SD 150).

## Primary Outcome Measure – ReQol 20

In previous years Khiron Clinics used the CORE-OM self-report measure to record client outcomes but changed in January 2020 to the ReQol (Recovering Quality of Life) self-report measure. This measure incorporates themes of recovery as well as symptom reduction

The measure has a total maximum score of 80 and it is established that a score of 50 or over indicating a non-clinical range, with scores of 49 or lower being within the clinical range. On the ReQol 20 an increase of 10 points or more denotes reliable improvement and a decrease of 10 points or more indicates deterioration.

### Pre-therapy scores

The pre-therapy scores for the 2020 cohort ranged from 1 to 54: 22 clients being beneath the clinical cut-off of 50 and one client scoring 54. The distribution of the scores is shown in Table 1 below:

*Table 1: Pre-therapy ReQol 20 scores profile*

Pre-therapy ReQol 20 score	Female	Male	Total	
0-10	2	1	3	
11-20	5	2	7	
21-30	4	1	5	
31-40	3	1	4	
41-50	2	1	3	
<b>Non-clinical scores</b>	51-60	1	0	1

The mean pre-therapy score was 25.39 (SD 14.49). This can be compared to scores for other clinical inpatient populations as shown in below in Table 2.

*Table 2: Comparisons of ReQol 20 scores with other clinical populations*

	<b>Mean (SD)</b>
Khiron Intake	25.39 (14.49)
Common mental health disorders	19.82 (9.31)
Schizophrenia and psychotic disorders	23.75 (8.79)
Bipolar disorder	21.29 (9.74)
Personality disorder	14.3 (8.17)
Other mental health disorders	17.87 (8.99)

*Note that due to the changeover of outcome measure, for clients whose treatment started in 2019 the first ReQol measure completed in 2020 was taken as the pre-therapy score. This may well have led to the pre-therapy scores being higher than usual.*

## ReQol Outcome Profiles

The pre and post outcome scores were analysed. The mean post-therapy score was 36.61 (SD 18.42) and this increase was statistically significant at the 1% level ( $F(1,22) = 9.044$ ,  $p=.006$ ).

The change was categorised into Reliable Improvement (increase of 10 points or more), Improvement (increase of 1-9 points), No change, Deterioration (decrease of 1 to 9 points), Reliable deterioration (decrease of 10 or more points). This is shown in Table 3:

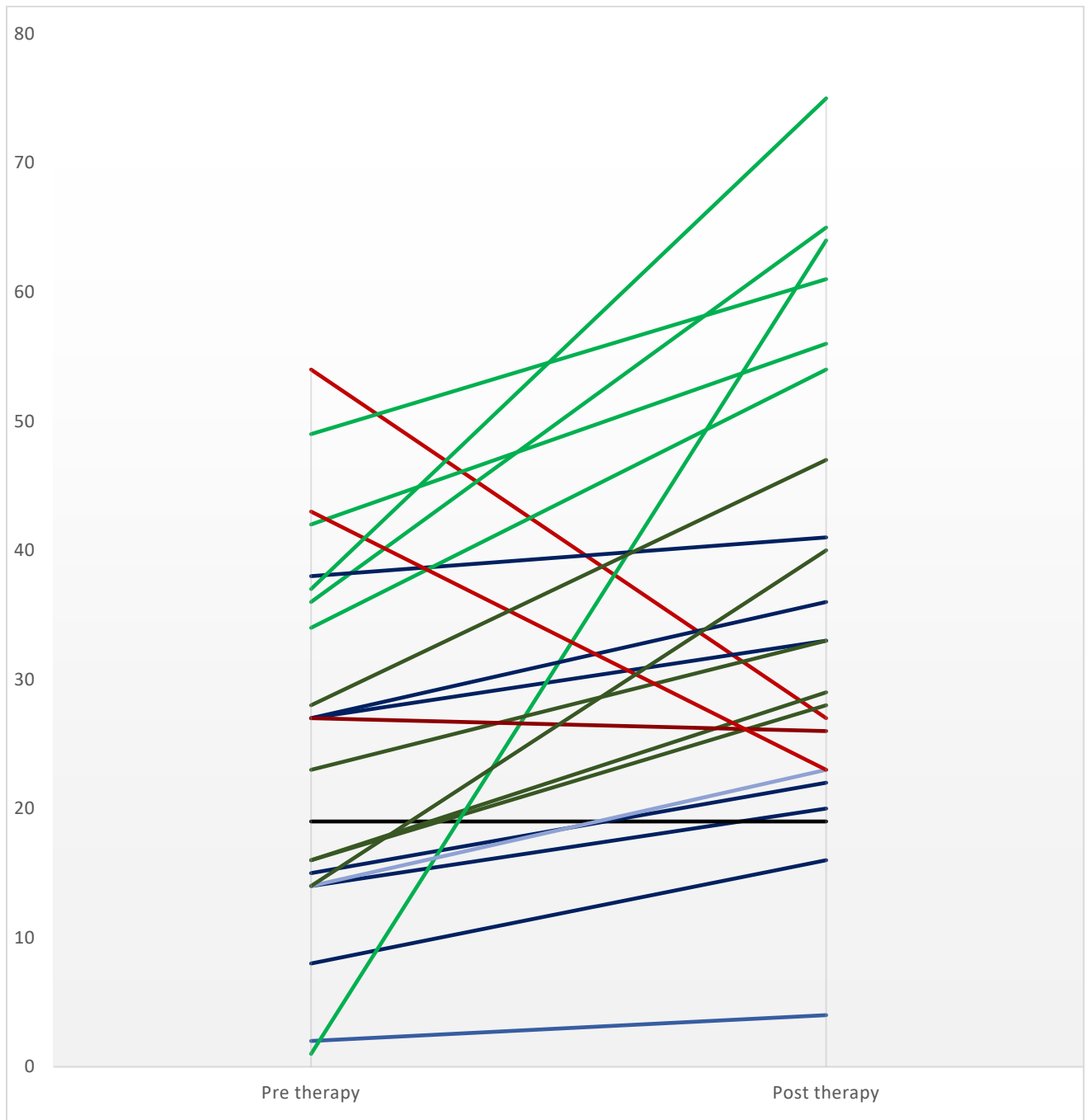
*Table 3: Categorisation of pre-post change*

Pre-post change category	Female	Male	Total
Reliable Improvement	6	5	11 (48%)
Improvement	7	1	8 (35%)
No Change	1	0	1 (4%)
Deterioration	1	0	1 (4%)
Reliable deterioration	2	0	2 (9%)

In addition, six clients had moved from the clinical category to the non-clinical category (so scoring 50 points or more). Although the figures suggested that there is a difference between gender as to improvement, statistical analysis was completed which showed there was no significant difference ( $\chi^2(4) = 4.318$ ,  $p=.365$ ).

Individual change trajectories are summarised in Figure 1 below.

Figure 1: Individual client progression



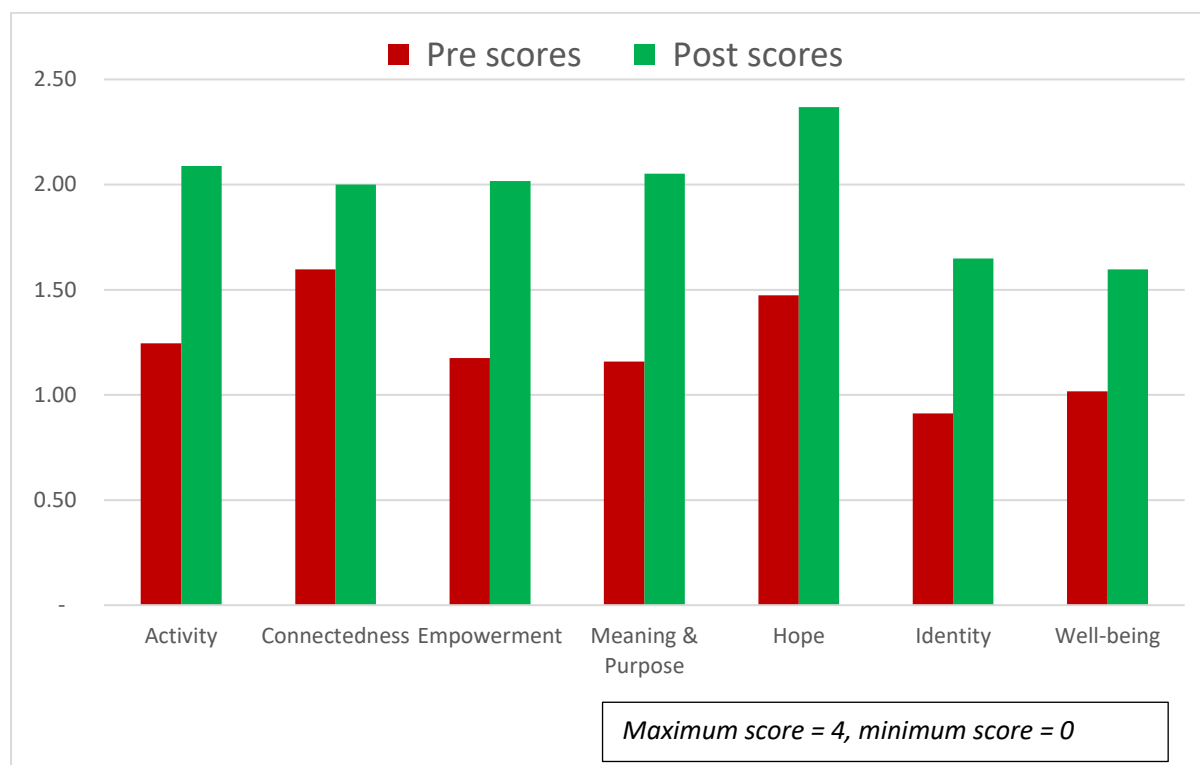
Key to Figure 1:

Bright green = Significant improvement and change to non-clinical
Dark green = Significant improvement, remaining clinical
Dark blue = Improvement (not reliable)
Black = No change
Dark red = Deterioration (not reliable)
Red = Significant deterioration

## ReQol Domains

The ReQol 20 can be considered in seven recovery domain factors: Activity; Connectedness; Empowerment; Meaning & Purpose; Hope; Identity and Well-being. From the 23 clients detailed above there was sufficient detailed data to analysis pre and post scores in each domain. The changes are shown in Figure 2 below and demonstrate improvement in each of the domains. The domain of 'Hope' showed the biggest increase and this is pleasing since research <sup>Error! Bookmark not defined.</sup> has shown that hope is a main predictor for recovery from severe mental illness.

Figure 2: Mean pre and post scores by recovery domain



## Summary

Khiron Clinics moved to use ReQol in January 2020 and so this is the first year reporting using this outcome measure.

According to the ReQol 20 scores for the 23 clients reported on here, there was a high level of improvement shown after therapeutic treatment with a statistically significant gain of 11.22 points. 83% of clients showed improvement, with 48% of clients achieving 'reliable improvement'. Additionally, 26% of clients moved into a non-clinical grouping. From the analysis of the different recovery domains included within ReQol 20 improvement was shown in all the domains.

## Appendices

### Appendix One: Recovering Quality of Life (ReQoL) Methodology

ReQoL is a Patient Reported Outcome Measure (PROM) that was developed by a team including clinicians and service users as well as academic researchers to assess the quality of life for people with different mental health conditions. ReQoL was developed by a Scientific Group led from The University of Sheffield and funded by the Department of Health Policy Research Programme in England for use in the NHS and further information can be found here: <https://www.regol.org.uk/p/overview.html>

The measures are suitable for use with service users aged 16 and over. They are suitable for use across all mental health populations including common mental health problems, severe and complex and psychotic disorders (clusters 1-17) (not dementia or learning disabilities).

There are two versions of the ReQoL measures. ReQoL-10 contains 10 mental health items and ReQoL-20 contains 20 mental health items. Khiron Clinics used the 20 question version.