**Supporting Health And Promoting Exercise (SHAPE) in young people with psychosis**

The SHAPE programme, developed by Worcestershire Early Intervention in Psychosis Service with University of Worcester, aims to provide young people with psychosis a lifestyle and exercise intervention with enhanced physical health screening and monitoring to reduce the risk of cardiometabolic disorders.

**Outcomes and impact**

SHAPE offers comprehensive physical health monitoring and a 12-week lifestyle and exercise therapy programme comprising:

- 45 minute education sessions on healthy lifestyle behaviours (smoking cessation, healthy eating, mood management)
- 45 minute exercise session (group aerobic and resistance training and low impact activities such as pilates)
- Individual goal setting

Group based exercise sessions encouraged participants to sample a range of physical activities while reducing social isolation by encouraging peer support within and outside of SHAPE sessions.

SHAPE programme evaluation:

- Comparison of anthropometric data (BMI, waist circumference), lifestyle behaviours (smoking, substance use, diet and physical activity) and clinical measurements (resting heart rate and blood pressure, blood lipids, HbA1c and prolactin)
- Focus group interviews to assess impact and monitoring of programme adherence and barriers to participation

**“The sessions have been worthwhile…I have gotten more fit and I have lost weight.”

“Because of the nutrition side of things, I'm trying to concentrate more on healthy eating.”**

**What we learnt**

Participants had elevated anthropometric and clinical markers at baseline, indicative of increased CVD risk. Following intervention at 12 weeks (n=26) and 12 months (n=16), no change was evident in mean BMI, waist circumference, or any other clinical variable. Positive impacts on lifestyle behaviours were maintained where 7 participants reported eating ~400g of fruit/vegetables daily, 2 ceased substance use, 2 ceased alcohol use, 4 ceased smoking and 5 were less sedentary at 12 months follow up.

SHAPE supported young people with psychosis to:

- Attenuate their physical health risk following a 12 week exercise and lifestyle intervention and sustained at 12 months follow up
- Make positive lifestyle behavior changes leading to weight maintenance and sustained improvements in physical health
- Improve confidence and self esteem while reducing social anxiety, which improved social functioning and mood

Service user involvement in programme design and feedback provided an iterative service improvement loop and enhanced programme evaluation.

**“Young people with psychosis are a high risk group for cardiometabolic disorders and premature death. SHAPE offers a comprehensive healthy lifestyle programme to assess risk, prevent weight gain, promote physical health and improve life expectancy.”**

Professor Jo Smith, Professor of EI and Psychosis and SHAPE Programme Lead, University of Worcester

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**NICE Shared Learning Awards 2017**

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*Young people with psychosis have higher rates of obesity, premature cardiovascular disease and death compared to non-psychotic peers due to smoking, weight gain and adverse changes to metabolic regulation linked to antipsychotic medication and unhealthy lifestyles. NICE (NICE CG178; NICE CG155; NICE QS80; NICE QS102) recommends systematic physical health screening and monitoring for CVD risk, particularly for individuals prescribed antipsychotic medication, and combined lifestyle interventions focused on healthy eating, physical activity and smoking cessation.*

SHAPE is a bespoke physical health monitoring and intervention programme for young people with early psychosis. The programme was designed by a collaborative team of EIP clinical staff, clinical psychologists, nutritionists, exercise physiologists and health trainers.

Aims of the programme are to:

- Support young people with psychosis to make lifestyle choices informed by an understanding of their greater risk for obesity, cardiovascular disease and metabolic disorders
- Provide access to healthcare in a positive and socially inclusive environment embracing the importance of “ordinary lives”

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*www.mySHAPE.org.uk*