

CADTH RAPID RESPONSE REPORT: SUMMARY OF ABSTRACTS

Weighted Blankets for Adults with Mental Illness: Clinical Effectiveness, Cost- Effectiveness, Guidelines

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Research Questions

1. What is the clinical effectiveness of weighted blankets for adults with mental illness in psychiatric or residential care settings?
2. What is the cost-effectiveness of weighted blankets for adults with mental illness in psychiatric or residential care settings?
3. What are the evidence-based guidelines associated with the use of weighted blankets for adults with mental illness in psychiatric or residential care settings?

Key Findings

No relevant literature was identified regarding the clinical and cost-effectiveness of weighted blankets for adult patients with mental illness in long-term care. In addition, no evidence-based guidelines were identified.

Methods

A limited literature search was conducted on key resources including Medline and PsycInfo via OVID, the Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized controlled studies, economic studies, and guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2014 and January 25, 2019 for economic studies and guidelines, and between January 1, 2015 and January 1, 2019 for clinical effectiveness information. Internet links were provided, where available.

Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Table 1: Selection Criteria

Population	Adults with mental illness in psychiatric settings or residential care
Intervention	Weighted Blankets
Comparator	Q1-2: Physical restraints and/or medication Other therapeutic strategies (e.g., cognitive, behavior therapy) No comparator Q3: No comparator
Outcomes	Q1: Clinical benefit (e.g., decrease agitation, decrease seclusion room use, improve adaptive behaviours – less verbally and physically aggressive, improvement in sleep) Q2: Cost-effectiveness Q3: Guidelines
Study Designs	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, economics studies, evidence-based guidelines

Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, economic evaluations, and evidence-based guidelines.

No relevant health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, economics studies, or evidence-based guidelines were identified regarding the use of weighted blankets for adult patients with mental illness in long-term care.

References of potential interest are provided in the appendix.

Overall Summary of Findings

No relevant literature was identified regarding weighted blankets for adult patients with mental illness in long-term care; therefore, no summary can be provided.

References Summarized

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-analyses

No literature identified.

Randomized Controlled Trials

No literature identified.

Non-Randomized Studies

No literature identified.

Economic Evaluations

No literature identified.

Guidelines and Recommendations

No literature identified.

Appendix — Further Information

Previous CADTH Reports

1. Weighted modalities for adults with mental illness: clinical effectiveness. (*CADTH Rapid response report: reference list*). Ottawa (ON): CADTH; 2015: <https://cadth.ca/weighted-modalities-adults-mental-illness-clinical-effectiveness>. Accessed 2019 Feb 5.

Randomized Controlled Trials– Recently Completed

Alternative Outcome – Insomnia Specific

2. Karolinska Institutet. NCT03546036: Controlled study of chain blanket for insomnia. *ClinicalTrials.gov*. Bethesda (MD): U.S. National Library of Medicine; 2018: <https://clinicaltrials.gov/ct2/show/NCT03546036>. Accessed 2019 Feb 5.