

Operationalizing the individualized therapeutic project in psychosocial care centers: a scope review protocol

*Puesta en práctica del proyecto terapéutico individualizado en centros de atención psicosocial:
protocolo de revisión del alcance*

*Operacionalização do projeto terapêutico singular nos centros de atenção psicossocial:
protocolo de revisão de escopo*

Luísa Jorge de Freitas^{1*}

ORCID: 0009-0002-0393-0652

Gabrielle dos Santos Fontes²

ORCID: 0009-0006-4928-2653

Maria Clara de Souza dos Santos²

ORCID: 0009-0007-0776-4782

**Maria Eduarda Gomes Junqueira
Correia¹**

ORCID: 0009-0007-1544-6303

Jeremias Campos Simões¹

ORCID: 0000-0002-3970-0819

**Marcos Vinícius Ferreira dos
Santos¹**

ORCID: 0000-0001-9788-660X

¹Universidade Federal do Espírito
Santo. Espírito Santo, Brazil.

²Universidade Federal
Fluminense. Rio de Janeiro,
Brazil.

How to cite this article:

Freitas LJ, Fontes GS, Santos MCS,
Correia MEGJ, Simões JC, Santos
MVF. Operationalizing the
individualized therapeutic project in
psychosocial care centers: a scope
review protocol. Glob Acad Nurs.
2026;7(Spe.1):e565.
<https://dx.doi.org/10.5935/2675-5602.20200565>

*Corresponding author:

luisajorgedefreitas06@gmail.com

Submission: 04-19-2026

Approval: 05-28-2026

Abstract

The aim was to describe the protocol for a scoping review aimed at mapping the evidence on the operationalization of the Individual Therapeutic Project in the Psychosocial Care Network, with an emphasis on Psychosocial Care Centers within the Brazilian Unified Health System. The scoping review protocol will follow the methodological criteria proposed by the Joanna Briggs Institute and the PRISMA-ScR checklist. The search strategy will be conducted in the Web of Science, Scientific Electronic Library Online, Virtual Health Library, National Library of Medicine, and CAPES Periodicals Portal databases, using Boolean operators "AND" and "OR". The search will be conducted by two independent reviewers, using the Rayyan reference manager for collecting and organizing articles according to the established inclusion and exclusion criteria, seeking to answer the research question: "What is the scientific evidence on the operationalization of the Individual Therapeutic Project in the services of the Psychosocial Care Network in the Brazilian context?". It is expected that the results will contribute to the current discussion on the subject, as well as the development of materials to equip multidisciplinary teams in psychosocial care. The protocol was registered in the Open Science Framework, under DOI number: 10.17605/OSF.IO/CPWGI.

Descriptors: Mental Health; Mental Health Services; Community Mental Health Services; Psychiatric Rehabilitation; Health Technologies.

Resumen

El objetivo fue describir el protocolo para una revisión exploratoria dirigida a mapear la evidencia sobre la operacionalización del Proyecto Terapéutico Individual en la Red de Atención Psicosocial, con énfasis en los Centros de Atención Psicosocial dentro del Sistema Único de Salud (SUS) de Brasil. El protocolo de la revisión exploratoria seguirá los criterios metodológicos propuestos por el Instituto Joanna Briggs y la lista de verificación PRISMA-ScR. La estrategia de búsqueda se llevará a cabo en las bases de datos Web of Science, Scientific Electronic Library Online, Virtual Health Library, National Library of Medicine y CAPES Periodicals Portal, utilizando los operadores booleanos "AND" y "OR". La búsqueda será realizada por dos revisores independientes, utilizando el gestor de referencias Rayyan para recopilar y organizar artículos de acuerdo con los criterios de inclusión y exclusión establecidos, buscando responder a la pregunta de investigación: "¿Cuál es la evidencia científica sobre la operacionalización del Proyecto Terapéutico Individual en los servicios de la Red de Atención Psicosocial en el contexto brasileño?". Se espera que los resultados contribuyan al debate actual sobre el tema, así como al desarrollo de materiales para capacitar a equipos multidisciplinarios en atención psicosocial. El protocolo se registró en el Open Science Framework con el número DOI: 10.17605/OSF.IO/CPWGI.

Descritores: Salud Mental; Servicios de Salud Mental; Servicios Comunitarios de Salud Mental; Rehabilitación Psiquiátrica; Tecnologías en Salud.

Resumo

Objetivou-se descrever o protocolo de uma revisão de escopo, que visa mapear as evidências sobre a operacionalização do Projeto Terapêutico Singular na Rede de Atenção Psicossocial, com ênfase nos Centros de Atenção Psicossocial no Sistema Único de Saúde. O protocolo da revisão de escopo seguirá os critérios metodológicos propostos pelo Joanna Briggs Institute e o checklist PRISMA-ScR. A estratégia de busca será nas bases de dados Web of Science, Scientific Electronic Library Online, Biblioteca Virtual em Saúde, National Library of Medicine e Portal de Periódicos da CAPES, utilizando operadores booleanos "AND" e "OR". A busca será conduzida por dois revisores independentes, utilizando-se o gerenciador de referências Rayyan para coleta e organização dos artigos conforme os critérios de inclusão e exclusão estabelecidos, buscando responder à pergunta de pesquisa: "Quais são as evidências científicas sobre a operacionalização do Projeto Terapêutico Singular nos serviços da Rede de Atenção Psicossocial no contexto brasileiro?". Espera-se que os resultados contribuam com a discussão atual acerca da temática, além da elaboração de materiais para instrumentalizar as equipes multiprofissionais na assistência psicossocial. O protocolo foi registrado na Open Science Framework, sob registro DOI: 10.17605/OSF.IO/CPWGI.

Descritores: Saúde Mental; Serviços de Saúde Mental; Serviços Comunitários de Saúde Mental; Reabilitação Psiquiátrica; Tecnologias em Saúde.



Introduction

The psychiatric reform process in Brazil began contemporaneously with the health movement of the 1970s, which advocated for transformations in healthcare models and management. Within this context, the Mental Health Workers' Movement (MTSM) emerged in 1978, characterized by diverse actors linked to the asylum context (workers, family members, patients, social movements, and academics). These individuals were key players in voicing denunciations related to asylum violence and the commodification of mental illness, criticizing traditional psychiatric knowledge and the hospital-centric model, and proposing the creation of an alternative care network^{1,2}.

The Reform movement spurred ideas and initiatives for change in mental health care. The creation of the first Psychosocial Care Center (CAPS) in 1987 in São Paulo marked the consolidation of a new care model, initiating innovative practices beyond the hospital walls, focused on comprehensive care, recognizing the individual in their multiple family, social, cultural, and affective dimensions. In addition to redirecting care, it also spurred legislative debates culminating in the enactment of Law No. 10.216/2001, known as the Psychiatric Reform Law, which guaranteed rights to people with mental disorders and redirected the mental health care model^{3,4}.

The strengthening of psychosocial care was driven by Ordinance No. 336/GM of 2002, which regulated the organization and operation of CAPS (Psychosocial Care Centers), recognizing their political-assistance and social function aimed at social reintegration, humanization as a practice of valuing and strengthening the autonomy of people with mental disorders⁵⁻⁷.

Professionals working in CAPS (Psychosocial Care Centers) have a powerful clinical tool at their disposal: the Individual Therapeutic Project (PTS), defined as a set of articulated therapeutic approaches for an individual or group, developed through interdisciplinary team discussion. Thus, the literature confirms the PTS in CAPS as serving to guide clinical practice and how the team, user, and family members jointly construct care, based on the recognition of the user's active participation, co-responsibility, comprehensiveness, and social reintegration. The discussion of each case will be conducted through dialogue between professionals from different areas of training and practice to identify elements of vulnerability in the user and/or their peers⁶⁻⁸.

Although several studies point to the Individualized Therapeutic Plan (PTS) as an innovative and effective tool in the context of care at CAPS (Psychosocial Care Centers), challenges are observed in daily practice related to its development, such as: current tensions between the biomedical care model and the psychosocial care model, with strong defense of the dominance of biomedical practices, reflecting in little participation of the person with mental disorder in decision-making, especially in times of crisis, resorting to the main therapeutic resources of medication and hospitalization in general hospitals, reinforcing the reductionism of the person to the disease. Furthermore, the unpreparedness of the multidisciplinary

team to deal with the different contexts imposed and experienced in mental health care, especially in recognizing individuality, directs the development of the PTS towards the individual, not with the individual⁹⁻¹¹.

Thus, considering the importance of the Individual Therapeutic Project (PTS) in psychosocial services and the presence of gaps in its effective construction, this study aims to map the available evidence on the operationalization of the Individual Therapeutic Project (PTS) in the services of the Psychosocial Care Network (RAPS), with emphasis on the Psychosocial Care Centers (CAPS) in the context of the Unified Health System (SUS) to contribute, based on its results, to the development of materials to equip multidisciplinary teams in psychosocial care.

Methodology

This is a scoping review protocol based on the methodological criteria proposed by the Joanna Briggs Institute (JBI), used to assess evidence from studies, map the available literature in each field, and identify gaps in the scientific literature. In the context of the health sciences, it employs rigor and transparency in its execution and presents a descriptive view of the reviewed research, without critically evaluating it¹².

This study will be guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) and is registered in the Open Science Framework (OSF), DOI 10.17605/OSF.IO/CPWGJ13. The research period began with the development of the protocol in September 2025.

Identifying the Research Question

Aiming to define the research question, following the JBI methodological guidelines, the mnemonic PCC (Population, Concept, and Context) was used, where P represents the professionals of the Psychosocial Care Network (RAPS) services, especially the Psychosocial Care Centers (CAPS), C refers to the Individual Therapeutic Project (PTS), and C represents the RAPS, the CAPS within the SUS (Brazilian Unified Health System). The development of the mnemonic offers a robust methodological structure for scoping revisions, allowing for the clear and systematic organization of the central elements of the research¹². Given this, the following research question was formulated: "What is the scientific evidence regarding the operationalization of the Individual Therapeutic Project (ITP) in the services of the Psychosocial Care Network (PSA) in the Brazilian context?".

In the scoping review to be developed based on this protocol, the following inclusion criteria will be considered: articles in Portuguese, English, or Spanish, available in full text, publicly accessible, in national and international journals, undergraduate theses, dissertations, doctoral theses, opinion articles, and other types of reviews, such as systematic, integrative, and narrative reviews, that are related to the mnemonic PCC.

Eligibility Criteria

Based on the research question, eligibility criteria were defined for the development of the scoping review to



be carried out according to this protocol. Articles in Portuguese, English, or Spanish, available in full text and publicly accessible in national and international journals, including undergraduate theses, dissertations, thesis, opinion articles, and other types of reviews, such as systematic, integrative, and narrative reviews, that address the topic will be included. Duplicate articles and articles whose focus is not the topic of this study will be excluded. These criteria aim to ensure that the review is focused and comprehensive, including relevant studies that can significantly contribute to the analysis of the topic. No specific time frame was defined to obtain a larger number of available articles.

Research Strategy and Study Identification

Given that this research aims to map evidence regarding the Individual Therapeutic Project (ITP), a clinical tool predominantly used in health services nationwide, a limitation of the research is the search in international databases for articles produced in Brazil, as it focuses on the context of the National Mental Health Policy within the Brazilian Unified Health System (SUS).

The second stage of the scoping review will consist of conducting an exploratory search of scientific literature, with the aim of identifying descriptors and keywords relevant to the topic under investigation.

This preliminary search was conducted in recognized health databases, using the free term "Individual Therapeutic Project," combined with controlled descriptors related to psychosocial care¹³. Before defining the search descriptors, a survey of the main terms used for this purpose in primary studies was carried out to then start the strategy from the terms present in the Medical Subject Headings (MESH) and in the Health Sciences Descriptors (DeCS): "Mental Health Services," "Community Mental Health Services," "Psychiatric Rehabilitation," connected to the Boolean operators "AND" and "OR".

To identify publications related to the topic, the following databases were consulted: Scientific Electronic Library Online (SciELO), National Library of Medicine (PubMed), Virtual Health Library (BVS), and CAPES Periodicals Portal. The general search strategy was initially developed using Boolean operators, with the aim of being adapted according to the specificities of each database. The final search combination was structured as follows (Chart 1):

Chart 1. Search strategies in databases. São Mateus, ES, Brazil, 2026

Source	Search strategy	Items found
SciELO	("Projeto Terapêutico Singular" OR "Plano Terapêutico" OR "Singular Therapeutic Project" OR "Therapeutic Plan" OR "Therapy Plan") AND ("Saúde Mental" OR "Salud Mental" OR "Mental Health" OR "Higiene Mental" OR "Cuidado Mental" OR "Salud Psíquica" OR "Psychic Health" OR "Rehabilitación Psicosocial" OR "Psychosocial Rehabilitation" OR "Atención Psicosocial" OR "Psychosocial Care") AND ("Serviços de Saúde Mental" OR "Servicios de Salud Mental" OR "Serviço Psiquiátrico" OR "Servicios Psiquiátricos" OR "Mental Health Services" OR "Community Mental Health Services" OR "Serviço de Reabilitação Psicossocial" OR "Psychiatric Rehabilitation" OR "Psychiatric Service")	13
BVS	("Projeto Terapêutico Singular" OR "Plano Terapêutico" OR "Singular Therapeutic Project" OR "Therapeutic Plan" OR "Therapy Plan") AND ("Saúde Mental" OR "Higiene Mental" OR "Cuidado Mental" OR "Saúde Psíquica" OR "Reabilitação Psicossocial" OR "Atenção Psicossocial" OR "Cuidados Psicossociais" OR "Psychosocial Rehabilitation" OR "Psychosocial Care") AND ("Serviços de Saúde Mental" OR "Serviço de Saúde Mental" OR "Serviço de Saúde Mental Comunitário" OR "Serviço Psiquiátrico" OR "Serviço de Higiene Mental" OR "Serviço de Reabilitação Psicossocial" OR "Mental Health Services" OR "Community Mental Health Services" OR "Psychiatric Rehabilitation" OR "Psychiatric Service")	73
PubMed	((("Mental Health Services"[MeSH Terms] OR "Mental Health Services"[Title/Abstract] OR "Mental Health Service"[Title/Abstract] OR "Mental Hygiene Service"[Title/Abstract] OR "Mental Hygiene Services"[Title/Abstract] OR "psychiatric service"[Title/Abstract] OR "mental healthcare service"[Title/Abstract]) OR ("Community Mental Health Services"[MeSH Terms] OR "Community Mental Health Service"[Title/Abstract] OR "Community Mental Health Services"[Title/Abstract] OR "Assertive Community Treatment"[Title/Abstract] OR "community mental health teams"[Title/Abstract] OR "community-based mental health service"[Title/Abstract] OR "community-based mental healthcare services"[Title/Abstract]) OR ("Psychiatric Rehabilitation"[MeSH Terms] OR "Psychiatric Rehabilitation"[Title/Abstract] OR "Mental Health Rehabilitation"[Title/Abstract] OR "Psychosocial Rehabilitation"[Title/Abstract] OR "Social-Psychological Rehabilitation"[Title/Abstract] OR "Psychosocial Care"[Title/Abstract] OR "Psychological Rehabilitation"[Title/Abstract])) AND ("Singular Therapeutic Project"[Title/Abstract] OR "Singular Therapeutic Projects"[Title/Abstract] OR "Therapeutic Plan"[Title/Abstract] OR "Therapy Plan"[Title/Abstract])	19
CAPES Periodicals Portal	((("Individual Therapeutic Project" OR "Therapeutic Plan" OR "Therapy Plan") AND ("Mental Health" OR "Mental Hygiene" OR "Mental Care" OR "Psychological Health" OR "Psychosocial Rehabilitation" OR "Psychosocial Care" OR "Psychosocial Services")) AND ("Mental Health Service" OR "Community Mental Health Service" OR "Psychiatric Service" OR "Mental Hygiene Service" OR "Psychosocial Rehabilitation Service" OR "Psychiatric Rehabilitation")	29

Study Selection and Initial Evaluation

For the study selection process, the Rayyan software will be used, through the Research Pilot™ projection, which allows actions for organizing data based on inclusion and exclusion criteria, enabling the management of inserted articles. To this end, a collaborative research process is carried out, allowing for a double-blind review of the data entered by the researchers, who are responsible for filtering and selecting, registering, and subsequently exporting the data. In this way, aiming for methodological rigor and transparency, the authors will follow the research question to select the studies to be included.

Data Extraction and Analysis

The study information will be collected using an instrument adapted to the investigation, developed based on the purposes of the scoping review and guided by the checklist recommended by JBI and PRISMA-ScR, considering

aspects such as: identification (title, author(s), language, setting/location, year of publication); methodological aspects (objective, type of study, target audience) and critical analysis (results)¹³. The data will be entered into an Excel® spreadsheet, from which the analysis of the study characteristics, synthesis, and description of the research question results will be performed. Subsequently, the data will be extracted for the instrument developed by the authors, according to the specificities related to the proposed theme, as shown in Chart 2 below.

The selection process for publications will follow the PRISMA-ScRA scoping review flowchart, and data extraction from included studies will be performed independently by two reviewers. Any disagreements will be resolved through a discussion meeting or, if necessary, with the intervention of a third reviewer, using Rayyan software to facilitate the process.

Chart 2. Adapted data extraction tool. São Mateus, ES, Brazil, 2026

Title	Authors and year	Type of study	Objective	Language	Target audience and setting	Results
-------	------------------	---------------	-----------	----------	-----------------------------	---------

The data analysis will be descriptive, aiming to present an overview of the operationalization of the PTS (Therapeutic Project) in psychosocial services. The findings extracted from the selected studies will be organized and systematized according to methodological aspects and the main results found. The data will be presented in tables and graphs, accompanied by a narrative summary addressing the main characteristics associated with the theme, including the limitations, gaps, and potential found from the conception to the practical development of the PTS.

Possible Biases in the Study

To minimize these biases, methodological strategies will be adopted, including broadening the scope of the databases to be searched, including the inclusion of more reviewers in the study selection and analysis process, the use of Rayyan software, and the inclusion and exclusion criteria. Thus, agreement, selection, and confounding biases are expected to be minimized in the research. However, it

should be noted that in the context of scoping reviews, critical evaluation of the methodological quality of the included studies is considered optional, given that the main objective of this type of review is the comprehensive mapping of the existing literature, without assigning value judgments to the quality of identified evidence.

Expected Results

This scoping review is expected to contribute to the mapping and systematization of available evidence on the operationalization of the Individual Therapeutic Project within the Psychosocial Care Network. With a view to technological production, the review's findings may support the development of materials to equip multidisciplinary teams, contributing to the improvement of psychosocial care. It is important to note that, as the data will be obtained from databases of already published studies, review by a Research Ethics Committee will not be required; however, all rigorous standards for research design will be followed.

References

1. Brasil. Ministério da Saúde. Reforma psiquiátrica e política de saúde mental no Brasil: documento apresentado à Conferência Regional de Reforma dos Serviços de Saúde Mental: 15 anos depois de Caracas [Internet]. Brasília: OPAS; 2005 [citado em 25 nov 2025]. Disponível em: https://bvsms.saude.gov.br/bvs/publicacoes/Relatorio15_anos_Caracas.pdf
2. Pinheiro LP, Emerich BF. Cuidado compartilhado em saúde mental: o que dizem os trabalhadores? Interface (Botucatu). 2024;28:e230324. <https://doi.org/10.1590/interface.230324>
3. Amarante P, Nunes MO. A reforma psiquiátrica no SUS e a luta por uma sociedade sem manicômios. Cienc Saude Colet. 2018;23(6):2067-74. <https://doi.org/10.1590/1413-81232018236.07082018>
4. Lima MADS, Souza ER, Silva MRS. Desinstitucionalização e rede de serviços de saúde mental: uma nova cena na assistência à saúde. Rev Bras Enferm. 2020;73(Suppl 1):e20180964. <https://doi.org/10.1590/0034-7167-2018-0964>
5. Brasil. Ministério da Saúde. Clínica ampliada, equipe de referência e projeto terapêutico singular [Internet]. 2ª ed. Brasília (DF): Secretaria de Atenção à Saúde, Núcleo Técnico da Política Nacional de Humanização; 2007 [citado em 15 nov 2025]. (Série B. Textos Básicos de Saúde). Disponível em: https://bvsms.saude.gov.br/bvs/publicacoes/clinica_ampliada_2ed.pdf



6. Viero FC, Arpini DM. Projeto terapêutico singular e cuidado em saúde mental: o que profissionais revelam. *Psi UNISC*. 2024;8(2):92-111. <https://doi.org/10.17058/psiunisc.v8i2.19167>
7. Costa CN. Práticas de cuidado em saúde mental a partir do projeto terapêutico singular. *Sanare (Sobral)*. 2023;22(1):41-9. <https://doi.org/10.36925/sanare.v22i1.1682>
8. Silva NS, et al. Desafios na operacionalização nos projetos terapêuticos singulares nos Centros de Atenção Psicossocial. *Psicol Estud*. 2020;25:e44638. <https://doi.org/10.4025/psicolestud.v25i0.44638>
9. Zubiaurre PM, Wasum FD, Tisott ZL, Barroso TMMD, Oliveira MAF, Siqueira DF. O desenvolvimento do projeto terapêutico singular na saúde mental: revisão integrativa. *Arq Cienc Saude UNIPAR*. 2023;27(6):2788-804. <https://doi.org/10.25110/arqsaude.v27i6.2023-041>
10. Oliveira ATM, Andrade CMR, Santana IMP, Alves JCX, Cruz JBT, Barbosa KS. Projeto terapêutico singular (PTS) e sua efetividade como estratégia de cuidado aos usuários dos Centros de Atenção Psicossocial (CAPS). *Temas Saude*. 2025;25(1):13-28. <https://doi.org/10.64671/ts.v25i1.74>
11. Depole BF, Marcolino TQ, Oliveira GN, Cunha GT, Ferigato SH. Projeto terapêutico singular: uma visão panorâmica de sua expressão na produção científica brasileira. *Cad Bras Saude Mental*. 2022;14(38):1-25. <https://doi.org/10.5007/cbsm.v14i38.73119>
12. Peters MDJ, Godfrey C, McInerney P, Munn Z, Tricco AC, Khalil H. Análises de escopo. In: Aromataris E, Lockwood C, Porritt K, Pilla B, Jordan Z, editores. *Manual JBI para síntese de evidências* [Internet]. Adelaide: JBI; 2024 [citado em 20 out 2025]. <https://doi.org/10.46658/JBIMES-24-09>. Disponível em: <https://synthesismanual.jbi.global>
13. Tricco AC, Lillie E, Zarin W, O'Brien KK, Colquhoun H, Levac D, et al. PRISMA extension for scoping reviews (PRISMA-ScR): checklist and explanation. *Ann Intern Med*. 2018;169(7):467-73. <https://doi.org/10.7326/M18-0850>

