Cognitive behavioral therapy given by psychiatric nurse practitioners with patients with sleepingdisorder.

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON19932

Source
Nationaal Trial Register

Brief title
N/A

Health condition

sleepingdisorder, slaapstoornissen

Sponsors and support

Primary sponsor: Stichting Robuust. Ondersteuning eerstelijns gezondheidszorg Zuid-Nederland
Source(s) of monetary or material Support: Stichting Robuust. Ondersteuning eerstelijns gezondheidszorg Zuid-Nederland

Intervention

Outcome measures

Primary outcome

Benzodiazepine use.

Secondary outcome

Outcomes related to the sleepingdisorder.

Study description

Background summary

Study the effects of short-term cognitive behavioral therapy (CBT) given by psychiatric nurse practitioners with familiar patients with chronic benzodiazepine use and new patients in the family practice with sleepingdisorders.

Study objective

Study the effects of short-term cognitive behavioral therapy (CBT) given by psychiatric nurse practitioners with familiar patients with chronic benzodiazepine use and new patients in the family practice with sleepingdisorders.

Study design

Benzodiazepine gebruik:

Extraction from Electronic Medical System (HIS) (2 times with 3 months interval).

Outcomes related to the sleepingdisorder (2 times with 3 months interval):

1. Pittsburgh Sleep Quality Index (19 items);

2. Insomnia Severity Index (7 items);

3. Self-Efficacy Scale (9 items);

4. Houding en gedachten ten opzichte van de slaap (16 items);

5. Therapy Evaluation Questionnaire (7 items: only interventiongroup);

6. Slaapwaakkalender (only interventiongroup);

7. Slaapevaluatieformulier (6 items: only interventiongroup).

Intervention

Interventiongroup:

Patients in the interventiongroup receive a letter with an invitation to make use of the cognitive behavioral therapy. This include 5 sessions with the POH GGZ en the use of a sleepdiary and a sleepevaluation questionnaire.

The control group receive usual care of sleepdisorders. They don't receive a letter with an invitation and don't get the option of cognitive behavioral therapy and the use of a sleeping diary and sleep evaluation questionnaire. They do complete two times 4 questionnaires (see below) with an interval of 3 months.

Contacts

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Eligibility criteria

Inclusion criteria

1. Patients familiar with chronic benzodiazepine use;

2. New patients who come to the family practitioner with sleepingdisorders.

Exclusion criteria

1. Current psychiatric treatment;

2. Drug or alcohol dependency treatment;

3. Psychosis in medical history;

4. Epilepsy;

5. Terminal disease;

6. Not having mastered the Dutch language;

7. Individual family practitioners reasons
severe comorbidity;

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	25-09-2009
Enrollment:	62
Type:	Anticipated

Ethics review

Positive opinion

Date:	12-08-2009
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL1843
NTR-old	NTR1954
Other	Stichting Robuust :
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A