

Stop worrying.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON19936

Source

NTR

Brief title

Stophetgetob

Health condition

Excessive worrying.

Sponsors and support

Primary sponsor: Department of Clinical Psychology

Intervention

Outcome measures

Primary outcome

Decrease in worrying intensity.

Secondary outcome

Decrease in anxiety, depression, sleeplessness.

Study description

Background summary

Most people do worry sometimes. Some people however excessively worry for many hours a day. Worrying is a risk factor for anxiety and depression. This study measures the effectivity of a minimal intervention against worrying by means of a self-help brochure. This bibliotherapy consists of daily exercises to combat worrying. These exercises take one month time. Two conditions: one with and one without telephonic support. In the support condition participants are contacted by telephone on a weekly base for (minimal) support.

Study objective

A self help brochure will help people decrease their excessive worrying. and telephonic support will increase the effect.

Study design

N/A

Intervention

A self help brochure, with or without telephonic support.

Contacts

Public

VU University Medical Center,
Department of Clinical Psychology,
Van der Boechorststraat 1
A.J.F.M. Kerkhof
Van der Boechorststraat 1
Amsterdam 1081 BT
The Netherlands

Scientific

VU University Medical Center,
Department of Clinical Psychology,
Van der Boechorststraat 1
A.J.F.M. Kerkhof
Van der Boechorststraat 1
Amsterdam 1081 BT
The Netherlands

Eligibility criteria

Inclusion criteria

1. Normal population 18+;
2. Self-defined excessive worrying.

Exclusion criteria

1. Under the age of 18;
 2. IN psychiatric or psychological treatment;
 3. Using antidepressives
- clinical levels of anxiety and or depression.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-05-2005
Enrollment:	200
Type:	Actual

Ethics review

Positive opinion

Date: 02-09-2005

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	NL142
NTR-old	NTR177
Other	: 01
ISRCTN	ISRCTN99166327

Study results

Summary results

N/A