

# The (cost)effectiveness of brief, anonymous and costfree sex counselling on (mental) health.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20664

### Source

NTR

### Brief title

N/A

### Health condition

Sexual dysfunctions & depression

## Sponsors and support

**Primary sponsor:** University Maastricht, The Netherlands

**Source(s) of monetary or material Support:** ZonMw

## Intervention

## Outcome measures

### Primary outcome

1. Sexual functioning;
2. Depression and other mental health problems;

3. Costs.

### **Secondary outcome**

1. Self-esteem;
2. Relationship satisfaction.

## **Study description**

### **Background summary**

The capacity to form romantic relationships and the sexual health of adolescents in the Netherlands are compromised by several factors, such as young age of first intercourse and adolescent depression. Several thresholds like costs and trust prevent adolescents to seek help for their sexual problems. To overcome these thresholds, brief sex counselling has been developed. It has been used successively since 2006 within the Rotterdam Public Health Service (GGD Rotterdam-Rijnmond), but there is lack of information about the effectiveness and cost-effectiveness of brief sex counselling. Therefore, in the current study we will evaluate the (cost-) effectiveness of brief sex counselling for sexual problems in adolescents between 18 and 25 years of age.

### **Study objective**

Brief sex counselling will improve (mental) health and will be at least as effective as but less expensive than a longer and more intensive sexological treatment.

### **Study design**

1. Baseline, end and follow-up:
  - A. Sexual functioning (Vragenlijst voor het signaleren van Seksuele Disfuncties, Female Sexual Functional Index, International Index of Erectile Function);
  - B. Depression (Center for Epidemiologic Studies depression scale);
  - C. Mental health problems (Brief-Symptom Inventory, Medical Outcomes Study 36-item Short Form Health Survey);
  - D. Costs (cost questionnaire);
  - E. Self-esteem and relationship satisfaction (Self-Esteem and Relationship Questionnaire).

2. Intermediate:

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- A. Sexual functioning (Female Sexual Function Index/International Index of Erectile Function);
- B. Costs (cost questionnaire).

### **Intervention**

1. Brief sex counselling;
2. Intensive sexological treatment;
3. Waitinglist.

## **Contacts**

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## **Eligibility criteria**

### **Inclusion criteria**

Heterosexual males and females with sexual problems between the age of 18 and 25.

### **Exclusion criteria**

1. Prominent psychiatric problems (diagnosed on axis-I or II of DSM-IV-TR);
2. Sexual problems caused by organic malfunction;

3. Medication or drug use;

4. Physical disabilities.

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-10-2009
Enrollment:	450
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	NL1842
NTR-old	NTR1952
Other	ZonMw : 120620025
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A