

# Online treatment for chronic insomnia

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20772

### Source

NTR

### Health condition

insomnia  
sleep problems  
depression symptoms

## Sponsors and support

**Primary sponsor:** Not applicable

**Source(s) of monetary or material Support:** Not applicable

## Intervention

## Outcome measures

### Primary outcome

depression symptoms

### Secondary outcome

functioning during the day

insomnia severity

perseverative thinking questionnaire (PTQ)

sleep diary

fatigue

## Study description

### Background summary

The online cbt treatment i-Sleep will be used in a general sample (recruited through the internet) of insomnia patients that also suffer from lowered mood. The hypothesis is that both insomnia symptoms and depression symptoms will be alleviated as a result of the treatment. The control condition will receive the treatment after the waiting period, during which they will keep a daily sleep diary. We will look at potential mediators to see what changes first: does sleep improve before mood, is it the other way around, or do they change at the same time?

### Study objective

The online treatment i-Sleep effects not only directly sleep related complaints but also helps alleviate depression symptoms

### Study design

pre and post measurements

daily diary

follow up at 3 and 6 months

### Intervention

online cbt treatment with guidance aimed at reducing insomnia symptoms

## Contacts

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## Eligibility criteria

### Inclusion criteria

insomnia since 3 months or more

depressed mood complaints

18 years or older

### Exclusion criteria

pregnancy or breast feeding

working in (night) shifts

schizophrenia/psychosis

prior treatment for insomnia using cbt

starting psychotherapy in the past 6 months

apnea

suicidality

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	03-10-2016
Enrollment:	100
Type:	Anticipated

## Ethics review

Not applicable	
Application type:	Not applicable

## 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 NL5877

NTR-old NTR6049

Other Ethics Review Board of the Faculty of Social and Behavioral Sciences, UvA : 2016-CP-7263

## Study results

### Summary results

In preparation.