

Effectiveness of the online Hold me Tight course

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22153

Source

Nationaal Trial Register

Brief title

HmT-online

Health condition

Relationship problems

Sponsors and support

Primary sponsor: None.

Source(s) of monetary or material Support: None

Intervention

Outcome measures

Primary outcome

Relationship Satisfaction measured with the 4-item version of the Couple Satisfaction Index (CSI-4; Funk & Rogge, 2007). Previously a Cronbach's alfa of .93 was reported (Doss et al., 2017).

Secondary outcome

Attachment with the partner. The Experiences in Close Relationships Relationship Structure questionnaire for partners (ECR-RS; Fraley et al., 2011) measures adult attachment in the current romantic relationships. It contains 9 items and 2 subscales with Cronbach's α 's of .85 and .84.

Relationship Dynamics will be assessed with 4 item version of the Relationship Dynamics Scale (RDS; Stanley & Markman, 1997). The RDS converges with other comparable constructs (Stanley et al., 2005).

Separation potential measured with a shortened 3-item version of the Marital Instability Index (MI; Edwards et al., 1987). The questionnaire was used by Doss et al. (2020) who reported a Cronbach's α of .83.

Study description

Background summary

Rationale and objective:

Relationship problems are prevalent. About 30% of all couples experience serious problems (Whisman et al., 2008). Relationship problems have adverse effects on psychological and somatic well-being of partners and children (Amato, 2000; Kiecolt-Glaser & Newton, 2001; Lebow et al., 2012) and cause societal burden in terms of reduced work productivity, and high health care and social insurance costs (Schramm, 2006). Although evidence-based couple therapies are available, utilization by couples is restricted. In order to reach more couples in an earlier stage of relationship distress we developed an online version of the previously evaluated regular Hold me Tight relationship enhancement course (HmT; 2011-CP-1826). The regular face-to-face version of HmT was evaluated as promising (Conradi et al., 2018). The online version of HmT will have a format comparable to regular HmT. In the current study we want examine the potential effectiveness of online HmT.

Design

The study design is a simple pre-post within-subjects design strengthened with repeated measurements. Therefore, the study will have only one condition meaning randomization does not apply. A control group seems not feasible at the moment as the course is newly developed and a RCT requires more serious investments in terms of time and money. Measurements will be conducted prior to session 1 (pre-treatment), prior to sessions 3, 5 and 7 and after session 8 (post-treatment). Although we can monitor change rather detailed with these repeated measurements during the intervention, we cannot rule out spontaneous remission, i.e., improvement without online HmT, because of the absence of a control group. However, as spontaneous remission of relationship problems is unlikely the absence of a control group will be less a problem (Baucom et al., 2008).

Couples

Couples consisting of adult partners mastering the Dutch language who want to participate (self-referred) in the online HmT course are included.

Study objective

Partners participating in the HmT-online course will show improvement on outcome measures post-treatment and at follow-up compared with pre-treatment scores.

Study design

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Partners will be asked to complete the questionnaires on their own in silence without consulting their partner. Repeated measures at 5 time points are needed to follow the process of change and to optimize statistical power. The 5 assessment points and the measures administered per time point (for descriptions see above under 'primary and secondary outcomes') are:

- (1) pre-treatment, i.e., prior to online session 1, administered: ECR-RS, CSI-4, RDS, MI.
- (2) prior to online session 3, administered: CSI-4, RDS.
- (3) prior to online session 5, administered: ECR-RS, CSI-4, RDS, MI.
- (4) prior to session 7, administered: CSI-4, RDS.
- (5) post-treatment, i.e., prior to session 8, administered: ECR-RS, CSI-4, RDS, MI.

Intervention

The protocolized intervention is based on the official Dutch translation of the HmT program (Eekhoudt et al, 2010) and adapted for online use (Siderius et al., unpublished). The eight online sessions consist of psycho education, videos, role play and homework assignments. During the eight sessions the following themes are covered by the program: (1) psycho education about love and attachment, (2) identification of dysfunctional patterns of interaction (the so called demon dialogues), (3) identification of reciprocal vulnerabilities underneath the dysfunctional dialogues, (4) resolving misunderstandings and creating a secure base, (5) open and responsive communication, (6) forgiving and building of trust, (7) tenderness and sexuality (8) caring for your romantic relationship. Main goals of the program are enhancement of relationship satisfaction and secure attachment and reduction of dysfunctional interaction and separation potential. The program aims at strengthening of reciprocal: (1) expression of attachment needs of validation, support and comfort, (2) while the other partner is available and responsive regarding such expressions.

Contacts

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Eligibility criteria

Inclusion criteria

Being a partner in a couple relationship.

Exclusion criteria

no exclusion criteria because partners refer themselves to this online programm

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	23-06-2021
Enrollment:	50
Type:	Anticipated

IPD sharing statement

Plan to share IPD: No

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 NL9546

Other Ethics Review Board, Psychology, University of Amsterdam : 2021-CP-13652

Study results