

Online treatment for nightmares

No registrations found.

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

Summary

ID

NL-OMON22268

Source

NTR

Health condition

nightmares

Sponsors and support

Primary sponsor: Department of Clinical Psychology
University of Amsterdam

Source(s) of monetary or material Support: University of Amsterdam

Intervention

Outcome measures

Primary outcome

Nightmares night per week

Nightmare distress

Secondary outcome

Self-efficacy

Nightmare self-efficacy

Insomnia Severity

Demographic measures (duration nightmares, medication usage, checking inclusion exclusion criteria)

Study description

Background summary

Nightmares are common in the general population. Psychological treatments for nightmares are effective but not always available. In this pilot study we will test a maximum of 25 participants that receive an online Imagery Rehearsal Therapy for nightmares. The aim of this study is to investigate the feasibility and efficacy of such an online intervention.

Study objective

Online treatment based on imagery rescripting is effective in the treatment of nightmares

Study design

Weekly assessments for 6 consecutive weeks

Intervention

In the current treatment an Imagery Rescripting protocol for nightmares will be tested. The intervention consist of 3 weekly modules. All of these modules are offered online and are accompanied with feedback via the email/

Contacts

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Eligibility criteria

Inclusion criteria

- Nightmare disorder according to DSM-5
- At least one nightmare per week
- 18 years or older
- Valid e-mail address
- Connected to the internet

Exclusion criteria

- Indication for PTSD (measured with the PSS)
- Psychological treatment for nightmares in the last 12 months
- Diagnosis of psychosis/schizophrenia
- Suicidal plans
- Alcohol or drug abuse
- Instable medication intake for psychological problems

Study design

Design

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

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	30-10-2017
Enrollment:	25
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion	
Date:	24-10-2017
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	NL6558
NTR-old	NTR6772
Other	Commissie ethiek van de UvA : 2017-CP-8316

Study results