

# Motivation for rehabilitation therapy

No registrations found.

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

## Summary

### ID

NL-OMON22348

### Source

NTR

### Brief title

MOTH

### Health condition

CMC1 arthritis

## Sponsors and support

**Primary sponsor:** none

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

## Intervention

## Outcome measures

### Primary outcome

compliance

To study the difference between the intervention and control group regarding number of performed exercises we will use an unpaired t-test. All missing data will be reported

### Secondary outcome

PROMS

To analyse the difference of qDASH and EQ-5D scores between the two groups we will use an unpaired t-test. When less than 10 of 11 questions of the qDASH or none of the EQ-5D are answered this questionnaire will be reported as missing data

## Study description

### Background summary

CMC1 osteoarthritis is the second most common site of osteoarthritis in the hand, with a broad impact on quality of life and mental health. A valid and widely used treatment option is trapeziectomy. In order to prevent pain and decreased hand function after surgery, extensive rehabilitation therapy is required. Unfortunately, a lot of patients fail to comply to the rehabilitation therapy due to a lack of motivation, resulting in delayed rehabilitation and healing process. As a result additional health related costs are faced by both patient and society. Research has shown that motivated people perform better in rehabilitation programs than less motivated people. It is therefore hypothesized that using the concept of “possible selves” compels patients to look ahead and enhance intrinsic motivation for rehabilitation. This double blinded randomized controlled trial will study the effect of “possible selves” on the compliance with rehabilitation therapy.

### Study objective

The effect on compliance with rehabilitation therapy after trapeziectomy, in patients assessing their possible selves before starting rehabilitation therapy, by evaluating PROMS and compliance.

Hypothesis: that patients assessing their possible selves will be more compliant and have better PROMS at the end of rehabilitation therapy.

### Study design

All participating patients will be asked to answer the qDASH and EQ-5D before and, at 6, 9 and 12 weeks, after trapeziectomy

### Intervention

One group will be asked to assess their possible selves in advance of the rehabilitation therapy

## Contacts

### Public

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### **Scientific**

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## **Eligibility criteria**

### **Inclusion criteria**

All patients with CMC1 arthritis undergoing trapeziectomy in the Reinier de Graaf Group, between april 2019 and December 2020 will be analysed for eligibility. All patients are required, to comprehend written and spoken Dutch or English and, are willing to give informed consent.

### **Exclusion criteria**

Exclusion criteria are, mental retardation and dementia. Patients will be excluded if they are not able to participate in the proposed rehabilitation program.

## **Study design**

### **Design**

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

### **Recruitment**

NL

Recruitment status:	Recruiting
Start date (anticipated):	25-04-2019
Enrollment:	60
Type:	Anticipated

## IPD sharing statement

**Plan to share IPD:** Undecided

## 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	NL7689
Other	METC ZWH : METC16-034

## Study results