Efectiveness of adding 'exposure in vivo' techniques to the return-to-work plan of workers with mental health problems: a cluster randomised controlled trial.

No registrations found.

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

Summary

ID

NL-OMON22634

Source
Nationaal Trial Register

Brief title
work up study

Health condition

1. Occupational rehabilitation by occupational physicians trained to use exposure in vivo techniques during the return to work phase;
2. Occupational rehabilitation as usual by occupational physicians.

Sponsors and support

Source(s) of monetary or material Support: STECR: Aladdin program

Intervention

Outcome measures

Primary outcome

1. Time to full return to work;
2. Time to relapse;
3. Pecentage of contract hours worked;
4. Work functioning.

Secondary outcome

1. Psychological complaints;
2. Work ability;
3. Self efficacy in returning to work;
4. Coping with work situations;
5. Avoidance of work situations;
6. Work adjustments;
7. Satisfaction of worker with occupational physician.

Study description

Background summary

This cluster randomised trial tests the effectiveness of using specific exposure in vivo techniques during the return-to-work (RTW) phase in the occupational rehabilitation of workers with mental health problems. This interventions entails making an inventory of work tasks and their level of anxiety they evoke. These tasks will be gradually integrated in the RTW plan. This intervention is compared to occupational rehabilitation as usual. The main outcome measure is time to full return to work. Cost-effecetiveness of the intervention will be conducted form a societal perspective. 60 occupational physicians were randomised in two groups and are expected to include 200 workers in total.

Study objective

Occupational rehabilitation with a gradual return to work based on the principles of exposure in vivo will be more (cost)effective in reducing absenteeism than usual occupational rehabilitation.

Intervention

Level of occupational physician:
1. Two days of training followed by 3 intervision meetings
Level of worker:
1. Information folder with rationale;
2. Homework assignments;
3. Meeting with supervisor

Contacts

Public
Academic Medical Center, University of Amsterdam: Coronel Institute of occupational health.

F.W. Noordik
PO Box 22700
Amsterdam 1100 DE
The Netherlands
+31 20 5664878
Scientific
Academic Medical Center, University of Amsterdam: Coronel Institute of occupational health.

F.W. Noordik
PO Box 22700
Amsterdam 1100 DE
The Netherlands
+31 20 5664878

Eligibility criteria

Inclusion criteria

Workers who:
1. are 2-6 weeks absent from work;
2. have either:
a. a stress-related disorder (defined as having at least one psychological complaint with significant suffering or problems with functioning);
b.an anxiety disorder;
c. a depressive disorder.

Exclusion criteria

Workers with:
1. severe mental illnesses (psychotic disorders, bipolar disorder);
2. PTSD;
3. addiction problems;
4. a primary somatic disorder.

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-01-2007
Enrollment:	200
Type:	Anticipated

Ethics review

Positive opinion

Date:	22-01-2007
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	NL860
NTR-old	NTR874
Other	:
ISRCTN	ISRCTN72643128

Study results