

# The Teleac course for insomnia: a RCT.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON22881

### Source

NTR

### Brief title

N/A

### Intervention

### Outcome measures

#### Primary outcome

Sleepefficiency posttreatment (6 weeks) and 3 months later .

#### Secondary outcome

Quality of sleep, cognitions about sleep, use of sleep medication, symptoms of depression and anxiety, quality of life, absence of work, health care use; all measured posttreatment (6 weeks) and 3 months later.

## Study description

### Background summary

Patients are not masked (no therapists or interviewers participate in this trail; questionnaires

are sent through mail or Internet).

100 patients in each condition.

### **Study objective**

N/A

### **Study design**

N/A

### **Intervention**

A behavioural training programme for insomnia will be broadcasted by Teleac this fall. This trial will take place before the start of the broadcasting with 3 groups:

1. Each week a DVD is sent to the patient's home for 6 weeks. Each DVD contains part of the behavioural training programme (25 minutes each) + book that belongs to the this television programme;
2. Same as the first condition without the book;
3. Waiting list control group. These patients may watch the regular television programme later on when broadcasted by Teleac.

## **Contacts**

### **Public**

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### **Scientific**

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## Eligibility criteria

### Inclusion criteria

A sleep problem defined as lying awake for at least 30 minutes for at least 3 nights a week for at least 1 month.

### Exclusion criteria

A high score on the screener for depression (CESD) or anxiety (HADS).

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-08-2005
Enrollment:	300
Type:	Actual

## Ethics review

Positive opinion	
Date:	05-07-2005
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	NL34
NTR-old	NTR62
Other	: NFGV – 5978 (national fund public mental health)
ISRCTN	ISRCTN37858178

## Study results

### Summary results

N/A