

The effect of the Progressive Goal Attainment Program (PGAP) on cognitions and perceptions and on work participation of workers with a chronic disease in the Netherlands

No registrations found.

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

Summary

ID

NL-OMON23042

Source

NTR

Brief title

The PGAP-Project

Health condition

Chronic disease (diseases with a long duration and generally slow progression)

Sponsors and support

Primary sponsor: Amsterdam UMC - AMC

Source(s) of monetary or material Support: Instituut Gak

Intervention

Outcome measures

Primary outcome

- Work participation
 - Current work situation (employed, unemployed, sick-leave)
 - Mean number of working hours
 - Sick leave status (currently on sick-leave, part-time sick-leave)
- Catastrophizing thoughts (Symptom Catastrophizing Scale)

Secondary outcome

- Self-efficacy in return to work (score RTW Self-Efficacy Scale)
- Quality of working life (Score Quality of Working Life Questionnaire)
- Workability (score Work Ability Index)
- Return to work expectations
- Fear-avoidance beliefs (Tampa Scale for Kinesiophobia)
- Perceived injustice (Injustice Experience Questionnaire)
- Catastrophizing thoughts (Symptom Catastrophizing Scale)
- Perceived Disability (Perceived Disability Index)
- Depression (Patient Health Questionnaire-9)
- Fatigue (Multidimensionale vermoeidheidsindex)
- Health related quality of life (SF-12)
- Satisfaction with PGAP which will be measured using one item.

Study description

Background summary

Previous research indicated that cognitions and perceptions of workers with a chronic disease can limit their work participation. Examples of cognitions and perceptions that can influence work participation are catastrophizing thoughts, expectations regarding return to work, fear-avoidance beliefs and self-efficacy. The Progressive Goal Attainment Program (PGAP) is a Canadian intervention that is focused on changing limiting cognitions and perceptions and stimulating work participation of workers with a chronic disease. PGAP is effective in decreasing catastrophizing thoughts and fear-avoidance beliefs and increasing work participation in Canada and is successfully implemented in the United States, Australia and Africa. However, it is not yet available in the Netherlands and we do not know whether it is effective and feasible to implement it in the Netherlands. The aim of this randomized controlled study, with waiting-list design is to study whether PGAP is effective in changing cognitions and perceptions and increasing work participation of workers with a chronic disease in the Netherlands and to study whether implementing PGAP is feasible in the Netherlands. About thirty participants will be randomized in the intervention group and will participate in PGAP, which consists of a maximum of 10 weekly online sessions with a trained PGAP provider. During the sessions the participants learn about the importance of staying active, planning activities and setting goals. They also learn to be more aware of their cognitions and perceptions in challenging situations and how to cope with challenging situations. Before, during and after participating in the sessions the participants will complete

questionnaires with questions about work participation (e.g. work status), catastrophizing thoughts, self-efficacy, workability, return to work expectations, fear-avoidance beliefs, perceived injustice and perceived disability. The effects of PGAP on changing limiting cognitions and perceptions and stimulating work participation will be analysed using General Linear Mixed Model analyses.

Study objective

Participating in the Progressive Goal Attainment Program decreases limiting cognitions and perceptions and increases work participation of workers with a chronic disease in the Netherlands.

Study design

T0: screening 0 weeks, T1: 4 weeks, T2: 9 weeks, T3: 22 weeks

Intervention

Progressive Goal Attainment Program

Contacts

Public

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Eligibility criteria

Inclusion criteria

- Workers with a chronic disease between 18 and 65 year old with frequent (3 x or more) or on long-term sick leave (6 weeks or longer).

- In paid employment.
- They experience functional limitations associated with their mental or physical health complaints.
- The workers have at least one cognition/perception that could limit work participation:
 - catastrophizing thoughts (Score on Symptom Catastrophizing Scale ≥ 6)
 - perceived injustice (Score on Injustice Experience Scale ≥ 18)
 - fear-avoidance beliefs (Score on Tampa Scale for Kinesiophobia ≥ 5)
 - disability beliefs (Score on Perceived Disability Index ≥ 21)

Exclusion criteria

- No limitations on work participation due to chronic health problems
- Participants do not speak Dutch
- Participants cannot read or write

Study design

Design

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

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-12-2021
Enrollment:	60
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	NL9832
Other	METC AMC : 2021_231

Study results