

Eurythmytherapy and mental health

No registrations found.

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

Summary

ID

NL-OMON23424

Source

NTR

Brief title

EYT

Health condition

Eurythmytherapy, mental health.

ICD-10 diagnoses in previous EYT-research: C-N, R51, R53 and Z73.

Euritmietherapie (ET), mentale gezondheid

Diagnoses in eerder ET-onderzoek op basis van ICD-10 coderingen: C-N, R51, R53 en Z73.

Sponsors and support

Primary sponsor: student researcher

Source(s) of monetary or material Support: student researcher

Intervention

Outcome measures

Primary outcome

self-determination (BPNSFS), psychopathology (SQ-48)

Secondary outcome

autonomy satisfaction, competence satisfaction, relatedness satisfaction, sleeping problems, anxiety, social phobia, agoraphobia, depression, somatic complaints, cognitive complaints, aggression, vitality/optimism, work/study

Study description

Background summary

The efficacy of eurythmytherapy is measured before and after normal treatment by questionnaire. EYT-clients are compared to people who are indicated for EYT, but choose not to join EYT. The study aims to ameliorate the indication policy for EYT by physicians, physiotherapists and psychologists and to contribute to evidence-bases.

The Netherlands

Study objective

1. The augmentation in scores (t2-t1 and t3-t1) is higher for EYT group than control group on the original complaint controlled for other treatment.
2. The augmentation in scores is higher for EYT group than control group on self-determination.
3. The decline in scores is higher for EYT group than control group on sleeping problems.
4. The decline in scores is higher for EYT group than control group on psychopathology.
5. If self-determination score augments, psychopathology score will decline in both groups.
6. Self-determination mediates the negative relation between EYT and psychopathology.
7. People within EYT-group who do accomplish their EYT-exercises five or more days a week, have more decrease in psychopathology score, than people who practice less days a week.
8. People within EYT-group who scored low on self-determination at t1 benefit psychologically most from EYT, expressed by highest decrease in psychopathology score.
9. On which diagnoses is EYT most/least effective?

Study design

Intervention group: pre-test, post-test, follow-up (1 month).

Control group: pre-test, post-test after 7 or 8 weeks, follow-up (1 month)

Intervention

Eurythmytherapy (EYT) is a specific movement therapy used as complementary therapy or monotherapy. EYT is performed in individual therapy sessions of about 25 to 30 minutes duration one or two times a week. Part of the treatment is the instruction to practice the learned EYT-exercises at home for about 10 minutes a day.

The intervention group receives 'treatment as usual' containing EYT. The control group receives also 'treatment as usual' containing no EYT.

Results are measured by questionnaires: t1 (pretest), t2 (posttest) and t3 (follow-up). Completing a questionnaire takes approximately 15 minutes each time.

Contacts

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Eligibility criteria

Inclusion criteria

age 18+

able to move reasonably well

Exclusion criteria

legally incompetent

bedridden

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-09-2017
Enrollment:	230
Type:	Anticipated

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 NL6424

NTR-old NTR6601

Other commissie Ethische Toetsing Onderzoek, Open Universiteit : U2017/01072/FRO

Study results