Feasibility of an adjusted version of the systems training for emotional predictability and problem solving (STEPPS) for older adults with poor emotion regulation strategies.

No registrations found.

Ethical review   Not applicable
Status   Pending
Health condition type   -
Study type   Observational non invasive

Summary

ID

NL-OMON23728

Source
NTR

Brief title
AEROSOL

Health condition

BPD, poor emotion regulation strategies, emotion regulation disorder

Sponsors and support

Primary sponsor: N/A
Source(s) of monetary or material Support: N/A

Intervention

Outcome measures

Primary outcome

Feasibility of an adjusted version of the STEPPS protocol.

Secondary outcome

Optimized effects of the treatment for older adults.

Study description

Background summary

Recent research has emphasized the importance of adaptions in psychotherapy for older adults. The aim of the current study is to evaluate whether an adaptation of the STEPPS protocol will enhance the feasibility of STEPPS in a group of older adults with poor emotion regulation strategies. In order to do so at first an expert-meeting using the Delphi-method will be held to reach consensus on the necessary adjustments of the STEPPS protocol. Secondly, the feasibility of the adjusted STEPPS protocol for the elderly will be examined in outpatients mental health settings. Results will be compared to a currently performed pilot study by Ekiz and colleagues. It is expected that the adjusted STEPPS protocol will be feasible in the target group of older patients. In addition, we expect to find greater treatment effect in comparison to the current pilot study by Ekiz and colleagues.

Study objective

Adjusting the STEPPS protocol for older adults will lead to a better feasibility of the training for this target group.

Study design

N/A

Intervention

In a Delphi-study recommendations for adjustments are made by experts. These adjustments will be implemented in the STEPPS protocol. Participants will participate in the adjusted version.

Contacts

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Eligibility criteria

Inclusion criteria

Inclusion criteria are participants of sixty years and older diagnosed with a minimum of three BPD symptoms according to the DSM-5 criteria, indicating poor emotion regulation strategies. Patients are diagnosed with the Dutch version of the Structured Clinical Interview for DSM-5 Disorders, section Personality (SCID-5-P; First, Williams, Smith Benjamin, & Spitzer, 2015; Dutch translation by Arntz, Kamphuis, & Derks, 2017). The patient has (some degree of) willingness to change his/her behavior or feels enough pressure to enter treatment regarding emotion regulation. There has to be a support group, or at least one support figure which is allowed to be a professional for the participants without any form of social network.

Exclusion criteria

Exclusion criteria are: 1) severe cognitive impairments (MoCa < 23); 2) a schizoid, schizotypical or paranoid PD; 3) substance abuse needing clinical detoxification; 4) lifetime prevalence of psychosis or bipolar disorder; 5) major depression; 6) learning disabilities (IQ < 80); 7) patients with significant hearing or vision problems to such an extent that they cannot participate in a group.

Study design

Design

Study type: Observational non invasive

Intervention model: Other

Allocation: Non-randomized controlled trial

Control: N/A , unknown

Recruitment

NL
Recruitment status: Pending
Start date (anticipated):   01-01-2020
Enrollment: 28
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	NL8136
Other	METC Zuyderland : METCZ20190161

Study results