

Eye Movement Desensitization and Reprocessing treatment in pregnant women with Fear of Childbirth

No registrations found.

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

Summary

ID

NL-OMON23809

Source

NTR

Brief title

EMDR_FoC

Health condition

Pregnancy, Fear of Childbirth, tocophobia, labour, EMDR

Sponsors and support

Primary sponsor: Onze Lieve Vrouwe Gasthuis

Source(s) of monetary or material Support: Vereniging EMDR Nederland

Intervention

Outcome measures

Primary outcome

Severity of FoC

Secondary outcome

Obstetrical and neonatal complications, percentage caesarean sections, subjective childbirth experience, health care costs.

Study description

Background summary

About 6-10% of pregnant women have severe Fear of Childbirth. Our objective is to assess efficacy and safety of EMDR treatment for women with Fear of Childbirth. After screening 1600 pregnant women, 120 pregnant women with Fear of Childbirth will be randomized between care-as-usual and 3 sessions of 90 minutes EMDR.

Study objective

Our hypotheses are that in follow-up measurement compared to pretreatment-measurement:

- 1) WITHIN treatment group there will be a decrease in the severity of the FoC symptoms, and
- 2) BETWEEN treatment group and care-as-usual group there will be less severe FoC symptoms, less caesarean sections, lower health care costs, and a more positive childbirth experience. Last hypothesis is
- 3) that EMDR does not lead to more obstetrical or neonatal complications.

Study design

Data will be collected at several timepoints:

- Screening (gestational age 8-20 weeks)
- T0:Pre-assessment (circa 20 weeks gestational age)
- In between sessions (every two weeks for care as usual)
- T1: Post-treatment antepartum (30-32 weeks gestational age)
- T2: Post-treatment postpartum (2-3months postpartum)

Intervention

Care-as-usual group: care-as-usual is defined as standard care during pregnancy, with routine obstetrical checks. Assuming good clinical care, anxious pregnant women will receive more counseling compared to not-anxious pregnant women, but will (probably) not be referred for EMDR.

Eye Movement Desensitization and Reprocessing (EMDR) group: EMDR is a psychological intervention that was developed for the treatment of traumatic memories. It is internationally recognized as a first choice therapy for treating posttraumatic stress disorder. EMDR is conducted according to the Dutch translation of the basic EMDR protocol 2015, and is provided in 3 sessions of 90 minutes. Eye movements were applied as the distracting stimulus.

Contacts

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Eligibility criteria

Inclusion criteria

Pregnant women with a gestational age of 8-20 weeks, who mastered the Dutch language

Exclusion criteria

<18 years old,
current psychological treatment

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-04-2015
Enrollment:	120
Type:	Anticipated

Ethics review

Positive opinion	
Date:	28-03-2015
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 47031
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4885
NTR-old	NTR5122

Register

CCMO

OMON

ID

NL49305.100.14

NL-OMON47031

Study results