

Cognitive behavioral therapy given by primary health care workers (PMHCW) with patients with a sleepingdisorder.

No registrations found.

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

Summary

ID

NL-OMON23944

Source

Nationaal Trial Register

Health condition

sleepingdisorder, slaapstoornissen

Sponsors and support

Primary sponsor: Radboud University

Scientific Institute for Quality of Healthcare (IQ healthcare)

Postbus 9101, huispost 114

6500 HB Nijmegen

The Netherlands

Source(s) of monetary or material Support: Stichting Robuust. Ondersteuning eerstelijns gezondheidszorg Zuid-Nederland.

Intervention

Outcome measures

Primary outcome

Benzodiazepine prescription.

Secondary outcome

Outcomes related to the sleepingdisorder.

Study description

Background summary

Background:

Cognitive behavioral therapy shows to be an effective way to treat patients with sleepingdisorder. In this study primairy health care workers are trained to use CBT with patients with sleepingdisorder.

Objective:

Reduction of benzodiazepine prescription and improved sleeping behavior.

Methods:

Extraction from Electronic Medical System (HIS) and questionnaires (before and after CBT).

Intervention:

Patients with sleeping disorders (new episode or chronic benzodiazepine use) are invited to make use of CBT by primary health care worker. CBT include 6 sessions and the use of a sleepdairy.

Results: not yet available.

Recruitment: the Netherlands.

Study objective

Short-term cognitive behavioral therapy (CBT) given by primary health care workers with patients with chronic benzodiazepine use and new patients in the family practice with sleepinsdisorder, hypothesised that CBT results in reduction of benzodiazepine prescription and improved sleeping behavior.

Study design

Benzodiazepine prescription:

Extraction from Electronic Medical System (HIS). Two times with a 6 months interval (sept. 2009 and march 2010).

Outcomes related to the sleepingdisorder:

Questionnaires two times with a 3 months interval for each patient (before and after CBT).

Intervention

Patients with sleeping disorders (new episode or chronic benzodiazepine use) are invited to make use of CBT by primary health care worker. CBT includes 6 sessions and the use of a sleepdairy. The controle group receive usual care.

Contacts

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Eligibility criteria

Inclusion criteria

1. Patients with chronic benzodiazepine use;

2. New patients who come to the general practitioner with sleeping disorder.

Exclusion criteria

1. Current psychiatric treatment;
2. Drug or alcohol dependency treatment;
3. Psychosis in medical history;
4. Epilepsy;
5. Terminal disease;
6. Do not speak the Dutch language;
7. Other criteria each individual general practitioner use .

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	25-09-2009
Enrollment:	160
Type:	Anticipated

Ethics review

Positive opinion

Date: 19-09-2009

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	NL1903
NTR-old	NTR2019
Other	METC Radboud University : 2009/089
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A