

The effect of internet-based therapy for the treatment of sexual problems

No registrations found.

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

Summary

ID

NL-OMON26220

Source

Nationaal Trial Register

Brief title

TBA

Health condition

Sexual problems

Sponsors and support

Primary sponsor: N/A

Source(s) of monetary or material Support: Studentengezondheidszorg UvA

Intervention

Outcome measures

Primary outcome

if IBT treatment predicts the reduction of a sexual problem

Secondary outcome

lower the risk of negative emotions and/or psychosocial effects in daily life. Moreover

contributing to the experience of positive sexual experiences, leading to better general health such as better sleep and stress reduction.

Study description

Background summary

The prevalence of sexual problems is relatively high. Though individuals acknowledge sexual dysfunction as a substantial problem, only some of them search for help. Less than half of the people who experience sexual dysfunction as problem seek professional help. The treatment of sexual problems is scarce and expensive: sexologists do have long waiting lists and the costs are not covered by the health insurance. In the meanwhile, sexual problems might lead to the experience of more negative emotions (e.g. frustration) and psychosocial effects (e.g. guilt) in daily life. At the other hand, the experience of positive sexual experiences stimulates the release of neurotransmitters such as dopamine and oxytocin – which have positive effects for general health such as better sleep and stress-reduction.

Earlier research suggested that implementation of internet based therapy (IBT) costs reduces with at least 50%, compared to face-to-face treatment. Whereas both manners seem to have the same outcomes for several psychological problems. IBT has the potential to enhance individuals sexual health knowledge, reduce personal emotional distress, and mental difficulties regarding sexual dysfunctions. However, IBT for sexual problems is not tested in an general practitioner (GP) practice before. The goal of this search is to measure the application of IBT for sexual problems in a GP practice. That lead us to the research question: is the application of IBT in a GP practice effective for the treatment of sexual problems. An answer to this question creates insight in the use, satisfaction and effectiveness of IBT for sexual problems in a GP practice.

To answer the research question, this research is based on a within-subject design. This design ensures that all patients who are seeking help for their sexual problem can be treated as soon as possible. For the IBT treatment, online programs of Therapieland will be used.

Study objective

application of IBT in a GP practice is effective for the treatment of sexual problems

Study design

Reduction of the experience of sexual problems will be measured with the online Qualtrics questionnaires at 5 measure points: one month before the start of the treatment (baseline), at the moment the treatment begins, halfway trough the treatment, at the end of the treatment, and 3 months follow-up.

Intervention

blended therapy with face-to-face conversations and an online Therapieland program for a particular sexual problem

Contacts

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Eligibility criteria

Inclusion criteria

- Duch patients of the GP practice
- Diagnosed with a sexual dysfunction
- Aged ≥ 18 years

Exclusion criteria

- Depression

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non controlled trial

Masking:	Single blinded (masking used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	11-02-2019
Enrollment:	86
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Plan description

N/A

Ethics review

Positive opinion	
Date:	13-03-2019
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	NL7600

Register

Other

ID

Faculty Ethics Review Board (FMG-UvA) : 2018-DP-9664

Study results

Summary results

N/A