

Guided online intervention for patients with insomnia

No registrations found.

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

Summary

ID

NL-OMON26556

Source

NTR

Health condition

insomnia - insomnie
sleeplessness - slapeloosheid

Sponsors and support

Primary sponsor: Vrije Universiteit Amsterdam

Source(s) of monetary or material Support: ZonMw

Intervention

Outcome measures

Primary outcome

insomnia severity index

Secondary outcome

Secondary objectives include investigation of cost-effectiveness. Several variables will be included as potential moderators and mediators of treatment effects, e.g. age, medication use, duration of the sleep problem, and alcohol use.

Study description

Background summary

In the Netherlands, most patients that refer to their GPs with sleeping problems receive medication. Behavioral interventions (psycho-education, cognitive behavioral therapy) are known to be more effective, but are not often offered. The present proposal is focussed around a online course (6 weeks) aimed at treating insomnia.

Study objective

The guided online CBT intervention is expected to show favorable effects and to be cost-effective in comparison to care-as-usual for patients with insomnia in general practice

Study design

baseline (t0), post-intervention (t0+8 weeks), follow-up 1 (t0+6 months), follow-up 2 (t0+12 months)

Intervention

online course based on cognitive behavioral therapy for insomnia

Contacts

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Eligibility criteria

Inclusion criteria

- diagnosis of insomnia (DSM5)
- >18 years of age
- Dutch proficiency
- access to a computer and the internet

Exclusion criteria

- presence of sleep apnea
- patients working night shifts
- pregnancy or breast feeding
- current suicidal ideation
- current psychosis

Study design

Design

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

Recruitment

NL	
Recruitment status:	Pending

Start date (anticipated):	01-09-2015
Enrollment:	160
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	NL5071
NTR-old	NTR5202
Other	: ABR 51849

Study results

Summary results

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