

# Online training I-Sleep for insomnia

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON27021

### Source

Nationaal Trial Register

### Brief title

ISLEEP

### Health condition

insomnia, sleeplessness, sleeping problems

insomnia, slapeloosheid, slaapproblemen

## Sponsors and support

**Primary sponsor:** VU University

**Source(s) of monetary or material Support:** ZonMw

## Intervention

## Outcome measures

### Primary outcome

Insomnia Severity Index

### Secondary outcome

Sleep estimates derived from the sleep diary, multiple measures of daytime functioning,

fatigue, anxiety and depression, and quality of life. Moreover, we will estimate health care costs. See section 8 of the research protocol for more information.

## 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 an online course (6 weeks) aimed at treating insomnia.

### Study objective

To determine the effectiveness of guided CBT compared to care-as-usual in treating insomnia in the general practice.

### Study design

baseline, post-intervention, 3 month follow up, 6 month follow up

### Intervention

online cbt

## 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

Positive opinion  
Date: 06-03-2015  
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	NL4895
NTR-old	NTR5142
Other	: ABR 51849

## Study results

### Summary results

n.a.