Effectiveness of Autonomy-Groups in Patients with Anxiety Disorders: A RCT. Effectiviteit van Autonomiegroepen in Patiënten met Angststoornissen: Een RCT.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27333

Source
Nationaal Trial Register

Health condition

Anxiety, Anxiety disorders, Angst, Angststoornissen

Sponsors and support

Primary sponsor: Tilburg University, GGZ inGeest, VU-University Medical Centre
Source(s) of monetary or material Support: VSB Fund

Intervention

Outcome measures

Primary outcome

1. The three subscales of the Autonomy-Connectedness Scale 30 (ACS-30);

2. The total score on the Symptom Checklist 90 (SCL-90).

Secondary outcome

1. Subscales of the Symptom Checklist 90 (SCL 90);

2. Anxiety: Fear Questionnaire (FQ);

3. Depression: Beck Depression Inventory-II (BDI-II);

4. Eating Disorder: Eating Disorder Examination-questionnaire (EDE-Q);

5. Quality of life: WHO Quality of Life - BREF (WHOQOL-BREF);

6. Self esteem: Rosenberg Self-Esteem Scale (RSE).

Study description

Background summary

The aim of this study is to examine the effect of autonomy-groups in patients with anxiety disorders. This study uses a Randomized Controlled Trial (RCT) design. There will be two groups of patients with anxiety disorders, the AGs and the control-groups (waiting list) and three measurement moments: before, halfway, and at the end of treatment. Participants fill out several questionnaires concerning autonomy-connectedness and mental health.

Patients will be recruited in the Netherlands.

Study objective

1. Patients with anxiety disorders show an increase of autonomy after the Autonomy-Group treatment;

2. Patients with anxiety disorders show a decrease of their symptoms after the Autonomy-Group treatment.

Study design

Before treatment (T1), halfway (7 weeks, T2) and after treatment (15 weeks, T3).

Intervention

Intervention, Autonomy Group:

The treatment is aimed at increasing autonomy by means of a protocol developed for this study. There are 15 sessions of AGs each offered once in a week, taking 2 to 2,5 hours. Every group has an average of 8 to 10 patients.

Control:

The control group consists of patients on a waiting list. The duration of the waiting list is the same as that of the intervention group: 15 weeks.

Contacts

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Eligibility criteria

Inclusion criteria

1. > 18 years old;

2. Diagnosis of one or more anxiety disorders according to DSM IV TR. Main diagnosis has to be an anxiety disorder.

Exclusion criteria

Having a main diagnosis of obsessive compulsive disorder or post traumatic stress disorder, psychosis, addiction, suicidal thoughts or attempts, acute mourning or crisis or mental retardation.

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2012
Enrollment:	76
Type:	Actual

Ethics review

Positive opinion

Date:	22-06-2012
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	NL3365
NTR-old	NTR3513
Other	METc VUmc : 2011/98
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A