

Phobias under control. Internet-based guided self-help for treatment of social, agora-, or specific phobia(s). A pilot trial.

No registrations found.

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

Summary

ID

NL-OMON27442

Source

NTR

Brief title

N/A

Health condition

Internet-based guided self-help. Social phobia. Agoraphobia. Specific phobia.
Begeleide zelfhulp via internet. Sociale fobie. Agorafobie. Specifieke fobie.

Sponsors and support

Primary sponsor: EMGO-institute

Faculty of Psychology and Education

Clinical Psychology

Source(s) of monetary or material Support: Agis Health Insurance (zorgverzekeringen).

Intervention

Outcome measures

Primary outcome

Feasibility with and satisfaction about use of the treatment.

Decrease in anxiety level.

Secondary outcome

Insight in (cost-) effectiveness.

Study description

Background summary

Internet-based guided self-help seems just as effective as cognitive-behavioural treatment given to patients with phobias (s). In this pilot trial we want to treat patients who are waiting for cognitive-behavioural therapy in a specialised mental health care institute with the guided self-help. We expect the patients to evaluate the treatment as feasible and satisfying. Furthermore we expect a decrease in anxiety and we aspire to get some insight in (cost) effectiveness.

Study objective

Patients can get along with the program.

Patients are satisfied with the treatment.

Patients report a decrease of the anxiety level caused by the phobia.

Insight in the costs of this treatment.

Study design

Baseline, 12 weeks, 24 weeks.

Intervention

Internet-based guided self-help for patients suffering from a phobia. A program based on cognitive behavioural therapy with a focus on exposure, with minimal guidance.

The intervention will take about 12 weeks consisting of 6 sessions and home work in between sessions.

Contacts

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Eligibility criteria

Inclusion criteria

1. Diagnosed with one or more phobias and waiting for treatment.
2. Being able to work with the internet.

Exclusion criteria

1. Not on waiting list for treatment of phobia at GGZ Buitenamstel Geestgronden.

Study design

Design

Study type: Interventional

| | |
|---------------------|-------------------------------|
| Intervention model: | Parallel |
| Allocation: | Randomized controlled trial |
| Masking: | Single blinded (masking used) |
| Control: | N/A , unknown |

Recruitment

| | |
|---------------------------|-------------|
| NL | |
| Recruitment status: | Pending |
| Start date (anticipated): | 01-05-2008 |
| Enrollment: | 60 |
| 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 | NL1215 |
| NTR-old | NTR1260 |
| Other | Agis/RVVZ : 1417200 |
| ISRCTN | ISRCTN wordt niet meer aangevraagd |

Study results

Summary results

N/A