

# The Effects of the Dutch national guideline on the management of employees with mental health problems by occupational physicians.

No registrations found.

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

## Summary

### ID

NL-OMON28026

### Source

Nationaal Trial Register

### Brief title

N/A

### Health condition

Mental health problems.

## Sponsors and support

**Primary sponsor:** Institute for Research in Extramural Medicine

Department of Public and Occupational Health

VU University Medical Centre

Van der Boechorststraat 7

1081 BT Amsterdam, The Netherlands

www.emgo.nl

**Source(s) of monetary or material Support:** Ministry of Internal Affairs

OHSS Commit

## Intervention

### Outcome measures

#### Primary outcome

Return to work.

#### Secondary outcome

1. Patient satisfaction;
2. Satisfaction of the employer;
3. Evaluation of the occupational physician;
4. Cost benefits.

## Study description

### Background summary

Mental health problems often lead to prolonged sick leave. In the Netherlands, mental health problems are responsible for approximately one third of all employees disabled for over a year.

Many share the view that better treatment and early intervention could prevent long lasting disability. Early 2000, the Dutch Association of Occupational Physicians (NVAB) has published an authorized guideline concerning the management of employees with mental health problems by occupational physicians.

In a randomized controlled trial (RCT), the effects of the guideline on sick leave and work disability of employees with mental health problems will be assessed. Subjects in the intervention group will be treated by occupational physicians, who are trained in the use of the guideline (n=100).

The control group (n=100) will receive usual care, with minimal involvement of the occupational physician and frequent referral to a psychologist. In addition, all employees with mental health problems who not participated in the RCT will be included in a cohort study. Subjects will be recruited from two Dutch police departments.

Between January 2002 and January 2005 489 policemen were absent of work because of mental health problems. Of these, 231 (47%) enrolled in the RCT. Final results of the study, including the results of the RCT, will be available in 2006.

## **Study objective**

Treatment according to the Dutch National Guideline on the Management of Employees with Mental Health Problems by Occupational Physicians will cause less work disability than treatment according to usual care, with minimal involvement of the occupational physician and frequent referral to a psychologist.

## **Study design**

N/A

## **Intervention**

Treatment according to the Dutch national guideline on the management of employees with mental health problems by occupational physicians.

This guideline focuses on four aspects of the management of mental health problems.

First, the occupational physician acknowledges the interaction between the disabled employee and his surroundings (work, personal and care).

Second, a simplified classification of mental health problems is introduced, with only four categories.

Third, the occupational physician acts as case manager, who intervenes when recovery stagnates.

Finally, the occupational physician may also act as care manager by counseling employees with work related problems.

## **Contacts**

### **Public**

VU University Medical Centre, EMGO-Institute,  
Van der Boechorststraat 7  
David S. Rebergen  
Van der Boechorststraat 7

Amsterdam 1081 BT  
The Netherlands

+31 (0)20 4449680

**Scientific**

VU University Medical Centre, EMGO-Institute,  
Van der Boechorststraat 7  
David S. Rebergen  
Van der Boechorststraat 7

Amsterdam 1081 BT  
The Netherlands  
+31 (0)20 4449680

## Eligibility criteria

### Inclusion criteria

1. Physical or mental health symptoms which cause suffering or malfunctioning for the patient;
2. Disability to work on the moment of inclusion by the occupational physician.

### Exclusion criteria

1. Symptoms are caused by a physical disorder;
2. Disagreement about the diagnosis by the occupational physician and the patient;
3. Mistrust between occupational physician and patient;
4. Earlier inclusion in the study.

## Study design

### Design

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

Control: Active

## Recruitment

NL  
Recruitment status: Recruitment stopped  
Start date (anticipated): 01-01-2002  
Enrollment: 200  
Type: Actual

## Ethics review

Positive opinion  
Date: 14-08-2005  
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	NL88
NTR-old	NTR119
Other	: N/A
ISRCTN	ISRCTN34887348

# Study results

## Summary results

BMC Public Health. 2007 Jul 26;7:183.