

Prevention of recurrent sickness absence among employees with common mental disorders: A randomised controlled trial with (cost-) effectiveness evaluation.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28427

Source

Nationaal Trial Register

Brief title

SHARP-at work study

Health condition

Common mental disorders.

Sponsors and support

Primary sponsor: University Medical Center Groningen (UMCG)

Department of Health Sciences

Section of Social Medicine

Antonius Deusinglaan 1

9713 AV Groningen

The Netherlands

Source(s) of monetary or material Support: Stichting instituut GAK (The Netherlands)

Preventive Occupational Health Program

Intervention

Outcome measures

Primary outcome

Recurrent sickness absence days measured by record linkages with the sickness absence registry of the participating Occupational Health Service.

Secondary outcome

1. Work functioning (WRFQ);
2. Psychological complaints (4DSQ and HADS);
3. Coping (UCL);
4. Direct and indirect costs (Tic-P);
5. Adherence to the protocol by the occupational physician;
6. Worker satisfaction with treatment.

Study description

Background summary

BACKGROUND:

Common mental disorders, such as depression, anxiety disorder, and adjustment disorder, have emerged as a major public and occupational health problem in many countries. These disorders can have severe consequences such as absenteeism and work disability. A large proportion of employees experiences health and work problems after they have returned to work. For this reason, an intervention will be developed to prevent recurrent sickness absence in employees who have returned to work after a period of sickness absence because of common mental disorders.

OBJECTIVE:

First, to determine the effectiveness of the intervention in preventing recurrent sickness absence in employees who have returned to work after a period of sickness absence because of a common mental disorder. Second, to determine the effectiveness of the intervention in improving mental health and work functioning, and facilitating an adequate coping style. Next to the effect evaluation, the cost-effectiveness and the process of the intervention will be evaluated.

STUDY POPULATION:

Employees aged 18 to 63 years who have returned to work after a period of sickness absence because of a common mental disorder.

STUDY DESIGN:

A cluster randomised controlled trial with randomisation at the level of the occupational physician. Occupational physicians will be randomly assigned to the intervention condition or the control condition. Occupational physicians in the intervention condition will receive a training in the intervention. Occupational physicians in the control condition will deliver care as usual.

INTERVENTION:

Employees in the intervention condition will be guided and supported during their first weeks after return to work by their occupational physician. This intervention is an extension of the guideline of the Dutch Association for Occupational Physicians on treating sickness absence because of mental health problems. Employees in the control group will receive care as usual.

OUTCOME MEASURES:

Outcome measures are: recurrent sickness absence days, work functioning, psychological complaints, coping, the process of the intervention and direct and indirect costs. Measurements take place at baseline and 3, 6, and 12 months after baseline.

Study objective

Workers who return to work after sickness absence because of a common mental disorder and who undergo the SHARP-at work intervention will have less recurrent sickness absence days compared to workers who receive care as usual.

Study design

Baseline and 3, 6, and 12 months after baseline measurement.

Intervention

At the level of the occupational physician:

Occupational physicians in the intervention group receive a two-day training in the SHARP-at work intervention to prevent recurrent sickness absence and improve work functioning among employees who have returned to work after a period of sickness absence because of a common mental disorder. Occupational physicians in the control condition receive no training and deliver care as usual according to the guideline of the Dutch Association for Occupational Physicians.

At the level of the employee:

Employees in the intervention condition will be guided and supported during their first eight weeks following return to work by their occupational physician. This intervention is an extension of the guideline of the Dutch Association for Occupational Physicians on treating sickness absence because of mental health problems. The intervention is focused on the prevention of recurrent sickness absence and the improvement of work functioning. Employees in the control group will receive care as usual.

Contacts

Public

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Eligibility criteria

Inclusion criteria

1. Age between 18 and 63 years;
2. Employed in a paid job;

3. Period of sickness absence of at least two weeks due to a common mental disorder diagnosed by the occupational physician;
4. Planned return-to-work (full, partial) within two weeks.

Exclusion criteria

1. Period of sickness absence because of a common mental disorder in the year prior to the present sickness absence spell;
2. Present sickness absence spell longer than 12 months;
3. Severe mental disorders, like personality disorders, psychotic disorders, bipolar disorder, and PTSD;
4. Alcohol and/or drug abuse;
5. Predominant influence of somatic complaints or disorders on work disability;
6. Pregnancy;
7. Upcoming retirement, resignation, dismissal, or sabbatical;
8. Not able to understand, speak, read, and write the Dutch language.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-11-2009

Enrollment: 500
Type: Anticipated

Ethics review

Positive opinion
Date: 25-08-2009
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	NL1851
NTR-old	NTR1963
Other	METc UMCG : METc 2009/135
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A