The effectiveness of a mobile app in reducing of post-traumatic stress symptoms

No registrations found.

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

Summary

ID

NL-OMON29192

Source
Nationaal Trial Register

Brief title
SUPPORT Coach

Health condition

Post-traumatic stress symptoms, post-traumatic stress disorder (PTSD), trauma related symptoms

Posttraumatische stress symptomen, posttraumatische stressstoornis (PTSS), trauma gerelateerde symptomen

Sponsors and support

Primary sponsor: Academic Medical Center (AMC), University of Amsterdam, Amsterdam
Source(s) of monetary or material Support: Kansen voor West/ Europees Fonds voor Regionale Ontwikkeling (EFRO)

Intervention

Outcome measures

Primary outcome

The difference in post-traumatic stress symptoms (continuous PCL-5 scores) between the intervention and control condition directly after termination of the intervention period.

Secondary outcome

1. The difference in negative cognitions about the trauma (PTCI) between the intervention and control condititon directly after termination of the intervention period.

2. The difference in psychological resilience (RES) and perceived social support (SSL-6) between the intervention and control condition directly after termination of the intervention period.

3. User satisfaction with the SUPPORT Coach will be evaluated and user logs will be explored for implementation-information purposes.

Study description

Study objective

We hypothesize that usage of the SUPPORT Coach app will lead to a reduction of post-traumatic stress symptoms directly after usage of the app compared to participants that do not use the app.
Furthermore, we expect that usage of the SUPPORT Coach will decrease negative cognitions about the traumatic event(s) and increase psychological resilience and social support.

Study design

Primary outcome: PCL-5 scores directly upon termination of the 1-month intervention period

Secondary outcomes: PTCI, RES, and SSL-6 scores directly upon termination of the 1-month intervention period
A follow-up is scheduled at 1 month after termination of the 1-month intervention period

Intervention

Participants in the intervention condition will receive unlimited access (during one month) to 'The SUPPORT Coach', a mobile application designed to support individuals with post-

traumatic stress symptoms. The app includes information on post-traumatic stress and professional care, exercises and tools to manage traumatic stress symptoms, a self-test to monitor symptoms over time, a seek support section and a calendar function.

Participants in the control group will not receive access to the SUPPORT Coach. Participants in both conditions have access to their own (mental) care if necessary.

Contacts

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Eligibility criteria

Inclusion criteria

This study is conducted with adults in a high risk profession (e.g., ambulance and emergency department personnel).

1. Age 18 years and older

2. Capable to read and comprehend the Dutch language

Only participants with at least one symptom of post-traumatic stress, objectified by a PC-PTSD-5 score of 1 or higher related to a traumatic event, will be randomized into one of two study conditions.

Exclusion criteria

1. No smartphone or tablet

2. No informed consent

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	23-01-2015
Enrollment:	276
Type:	Actual

Ethics review

Positive opinion

Date:	24-02-2015

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 41202
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4961
NTR-old	NTR5065
CCMO	NL48552.018.14
OMON	NL-OMON41202

Study results