

# Identifying frequent attenders with anxiety complaints, a pilot study in general practice

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON29560

### Source

NTR

### Health condition

anxiety complaints/anxiety disorders  
frequent attenders  
general practice

angstklachten/angststoornis  
frequent huisartsbezoek  
huisartsenpraktijk

## Sponsors and support

**Primary sponsor:** University Medical Center Groningen, department of General Practice

**Source(s) of monetary or material Support:** Healthy Aging Pilots subsidy from the University Medical Center Groningen

## Intervention

## Outcome measures

### Primary outcome

1 - Identifying frequent attenders with anxiety complaints, a pilot study in general ... 6-05-2025

Level of anxiety as measured with the 4DSQ/4DKL (Terluin, 1994; 2014).

## **Secondary outcome**

none

# **Study description**

## **Background summary**

Anxiety is a very common problem in the general population. Early treatment of anxiety complaints can be beneficial in the prevention of the development of anxiety disorders. Given the burden for both the individual and society in general early intervention when anxiety complaints arise is welcome.

Particularly in general practice there is a group of patients who frequently visit their GP but do so with a variety of (somatic) complaints which can not be traced back to a specific cause. Research shows that these so called frequent attenders might actually have either anxiety complaints or a anxiety disorder. However, since they do not present themselves with these complaints it is very difficult for the GP to identify them and to offer them the necessary care. More active screening of frequent attenders for anxiety might therefore prove beneficial in the identification of frequent attenders with anxiety complaints.

In the current study we examine various different methods for identifying frequent attenders with anxiety complaints, taking into account that patients with chronic diseases, such as cardio-vascular disease and diabetes, might visit their GP more frequently for a valid reason. Earlier studies have not corrected for this fact.

## **Study objective**

1. It is common to stratify a dataset on gender and age when identifying frequent attenders within general practice. However, this could lead to an oversampling of patients with chronic diseases, e.g., cardio-vascular disease or diabetes. We therefore propose that datasets should also be stratified on presence of chronic disease before frequent attendance is determined.

2. Stratification based on age, gender and chronic disease will result in

- a) better responderates from patients themselves
- b) better identification of patients with anxiety complaints

## **Study design**

one time screening

## **Intervention**

none, in this pilot study we only screen for the presence of problems. In a follow-up study we will offer those screening positive for anxiety complaints a light form of cognitive behavioral therapy, to be specific, problem solving treatment.

## **Contacts**

### **Public**

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## **Eligibility criteria**

### **Inclusion criteria**

\* identification as frequent attender

### **Exclusion criteria**

\* current situation, e.g, death in the family, severe somatic/psychiatric illness, making it

undesirable that the patient is approached for participation in the study, as judged by the treating GP

## Study design

### Design

Study type:	Observational non invasive
Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-10-2016
Enrollment:	0
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	15-11-2016
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	NL6024
NTR-old	NTR6155
Other	: UMCG research registry: 201600223

## Study results