

# A computer based training in anxiety

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The aim of the present study is to examine whether the positive interpretive training has an therapeutic effect in patients with an anxiety disorder.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Anxiety disorders and symptoms
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29926

### Source

ToetsingOnline

### Brief title

A computer based training in anxiety

### Condition

- Anxiety disorders and symptoms

### Synonym

anxiety, fear

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Universiteit Utrecht

**Source(s) of monetary or material Support:** Ministerie van OC&W

### Intervention

**Keyword:** Anxiety disorder, Internet Training, Interpretive Bias

## Outcome measures

### Primary outcome

1) It is hypothesised that the positive interpretive training is effective in affecting existing tendencies to interpret ambiguous information negatively.

After training, the experimental and control group will differ in their interpretation of ambiguous information. As opposed to the control group, the experimental group will give more positive interpretations and less negative interpretations.

2) if hypothesis 1) is confirmed, then the second hypothesis is that mood and general psychological functioning will remain relatively stable in the control group and will improve in the experimental group. More specifically, level of anxiety, depression, and general dysfunctioning will decrease and positive mood will increase in the experimental group compared to the control group.

### Secondary outcome

n.v.t.

## Study description

### Background summary

Anxiety is associated with information processing biases that operate to favor the processing of emotionally negative information. Recent studies gave evidence for a causal link: biased information processing influences mood. Participants who had developed a tendency to interpret positively after training became less anxious and participants who were trained to interpret negatively became more anxious. As a next step, it was examined whether existing negative interpretative biases could be changed in individuals with a sub-clinical level of anxiety. Anxious individuals were subjected to an internet training program to interpret ambiguous information positively. Results indicated that the training procedure was effective in influencing

interpretive style. More importantly, participants in the positive training group became less anxious and also their level of complaints (SCL-90) decreased.

## **Study objective**

The aim of the present study is to examine whether the positive interpretive training has an therapeutic effect in patients with an anxiety disorder.

## **Study design**

The study has an experimental design; interpretive bias will be manipulated and effects on mood and general psychological functioning will be examined. Participants will be, at random, allocated to a training condition; 1) an experimental condition, participants will receive the positive interpretive training and 2) a control condition, participants will receive the training without the crucial effective component.

## **Intervention**

The training consists of eight internet-based sessions. During training, participants will learn to interpret ambiguous social information positively (or partly positive and partly negative, depending on the assigned condition). Before as well as after the eight sessions training some questionnaires will be presented.

## **Study burden and risks**

There are no risks associated with the present study and the burden is minimal. All tests are in writing and can be done at home. We consider the study as justifiable in view of the minimal burden and absence of risks. The group of participants is of course a vulnerable group and we take that into account. The questionnaires are filled out in the presence of a psychologist and in addition, a psychologist and independent physician are approachable during the training.

## **Contacts**

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## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

- panic disorder, with or without agoraphobia (PD)
- social phobia (SP)
- generalised anxiety disorder (GAD)
- posttraumatic stress disorder (PTSD)
- depression, with a secundair anxiety disorder
- need to have internet access at home
- Dutch as their first language

### **Exclusion criteria**

- specific phobia
- obsessive-compulsive disorder (OCD)
- substance-induced anxiety disorder
- comorbid psychotic disorder or substance-related disorder

## **Study design**

## Design

Study phase:	2
Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Placebo
Primary purpose:	Treatment

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	03-11-2006
Enrollment:	40
Type:	Actual

## Ethics review

Approved WMO	
Date:	19-09-2006
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Utrecht (Utrecht)

## 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

CCMO

### ID

NL12671.041.06