

Project Permissive Interventions: open study at the effects of permissive interventions in psychotherapy

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The study is an explorative study of the effects that might occur in conversations between a client and a therapist, the latter intervening as permissive as possible. Its goal is to study the effects in the client of permissive interventions by the...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON30467

Source

ToetsingOnline

Brief title

Effects of Permissive Interventions in psychotherapy

Condition

- Other condition

Synonym

psychosocial problems; mental problems

Health condition

psychische stoornissen van diverse aard, aangemeld in de ambulante praktijk

Research involving

Human

Sponsors and support

Primary sponsor: GGZ Oost Brabant (Rosmalen)

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

Intervention

Keyword: Explorative, interventions, Permissive, Psychotherapy

Outcome measures

Primary outcome

Questions in the study are:

1. How does the client evaluate the conversation with the therapist, in terms of deepness?
2. How does the client evaluate the conversation with the therapist, in terms of smoothness?
3. To what extent does the client report helpful reactions in terms of task reactions?
4. To what extent does the client report helpful reactions in terms of relation reactions?
5. To what extent does the client report hindering reactions?
6. Which events are identified by the client as important?
7. How does the therapist evaluate the conversation with the client, in terms of deepness?
8. How does the therapist evaluate the conversation with the client, in terms of smoothness?
9. To what extent does the therapist rate certain experiences during the conversation with the client?

Secondary outcome

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Study description

Background summary

Intervening at the right time in the right way is a major concern for most therapists. Much less so is the concern for good common-factor-interventions. Maybe there is a tacit assumption that psychotherapist are empathic, that they do not prejudice, are not idle or revengeful, that they are good human beings by nature. Anyway, therapist focus on change and how to attain change. However, this striving for change has but little explanatory counterpart in the facts: meta-analyses by Michael Lambert c.a. show that techniques of change only account for some 15% of the success of psychotherapie, the effect of common factors being twice as big, some 30% of the benefits of psychotherapy. So we have the paradoxical situation that different theories of change are much more effective in what they share than in what they differ.

The question that is addressed in this study is: what are the effects on clients, when we administer them a therapy in which interventions of change are reduced to a minimum while on the other hand interventions of common factors are enhanced.

In my study of interventions of common factors I have come to replace the well-known dichotomy between common factors and techniques of change by a differentiation between interventions of change on one hand and permissive interventions at the other.

Study objective

The study is an explorative study of the effects that might occur in conversations between a client and a therapist, the latter intervening as permissive as possible. Its goal is to study the effects in the client of permissive interventions by the therapist. There is the possibility that this study is to be followed by a RCT and the testing of hypotheses.

Study design

The study is explorative.

Intervention

There are six conversations between a therapist and a client.

Study burden and risks

none.

Contacts

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Scientific

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

-indication for psychological or psychotherapeutic treatment, ambulatory treatment

Exclusion criteria

In earlier stages of the admission patients were screened and selected for these types of

treatment

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 15-10-2006

Enrollment: 40

Type: Actual

Ethics review

Approved WMO

Date: 28-09-2006

Application type: First submission

Review commission: METIGG: Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg (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

NL12778.097.06