

Group Cognitive Behavioral Therapy: 'To control Thoughts and Feelings': pilot study

Published: 02-10-2007

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- research the efficacy of a new group cbt: 'to control thoughts and feelings'- to indicate whether a randomized controlled study is advisable

Ethical review	-
Status	Pending
Health condition type	Psychiatric and behavioural symptoms NEC
Study type	Interventional

Summary

ID

NL-OMON31040

Source

ToetsingOnline

Brief title

G-CGT-pilot

Condition

- Psychiatric and behavioural symptoms NEC

Synonym

depression and anxiety, mild psychological symptoms

Research involving

Human

Sponsors and support

Primary sponsor: Lentis (Groningen)

Source(s) of monetary or material Support: eigen middelen lentis

Intervention

Keyword: cognitive behavioral therapy, group training, psychiatric outpatients

Outcome measures

Primary outcome

- psychological symptoms
- quality of life

Secondary outcome

- costs (related to interventions to reduce psychological symptoms)
- satisfaction with treatment

Study description

Background summary

- patients indicated for individual cognitive behavioral therapy (cbt), are often faced with a waiting list
- in many cases, group cbt is just as effective as individual cbt
- implementation of group cbt can help to solve the waiting list problem

Study objective

- research the efficacy of a new group cbt: 'to control thoughts and feelings'
- to indicate whether a randomized controlled study is advisable

Study design

pilotstudy: baseline, pre, post and follow-up assessment

Intervention

group cognitive behavioral therapy

Study burden and risks

none

Contacts

Public

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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

* GAF score > 60

* depressive disorder, adjustment disorder, anxiety disorder, hypochondria, identity problems

* age > 18 years

Exclusion criteria

- other psychosocial treatment / therapy

- comorbidity: psychotic disorder, addiction, neuropsychiatric disorder, or personality disorder

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-08-2007

Enrollment: 30

Type: Anticipated

Ethics review

Not available

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

NL18529.097.07