

Integrated psychological treatment in patients with diabetes burnout

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The research question is: Does a psychotherapeutic intervention reduce diabetes burnout and help patients learn more adequate self-management skills?

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Diabetic complications
Study type	Interventional

Summary

ID

NL-OMON32346

Source

ToetsingOnline

Brief title

Diabetes Burnout

Condition

- Diabetic complications

Synonym

adaptation difficulties, Diabetes, diabetes burnout

Research involving

Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Groningen

Source(s) of monetary or material Support: Diabetes Fonds

Intervention

Keyword: Diabetes, Psychological treatment, Self-management

Outcome measures

Primary outcome

Problems with diabetes, well being, quality of life, illness perceptions, and self-management behavior.

Secondary outcome

Niet van toepassing

Study description

Background summary

Patients with diabetes need self management skills to be able to adequately deal with their diabetes and its treatment. However, patients may put in a great deal of effort to maintain self-management but experience few benefits and little control, while they are aware of the imminence of complications. This may lead to a so called 'diabetes burnout'. These feelings of frustration and powerlessness combined with the feeling that self-management requires too much effort, can result in a neglect of self-care and in poorer glycaemic control. Within regular care for diabetes patients there is too little attention for diabetes burnout.

In the proposed study, a cognitive behavioral intervention combined with mindfulness will be developed to treat patients with diabetes burnout.

Study objective

The research question is: Does a psychotherapeutic intervention reduce diabetes burnout and help patients learn more adequate self-management skills?

Study design

Randomized waiting list-control design

Intervention

The intervention consists of 8 sessions of an hour with a psychologist, in which physical, emotional, cognitive, behavioral, and social reactions to diabetes are discussed.

Study burden and risks

The nature and extent of the burden and risks associated with participation consists of:

- completing a questionnaire 3 times
- 8 sessions of an hour with a psychologist
- 10 patients will be asked for a short interview

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

Diabetes type-1 or type-2

Aged between 18 and 70

Having diabetes-related psychosocial problems (PAID score > 40)

Exclusion criteria

Severe (psychiatric) co-morbidity

Not able to read and write Dutch

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-03-2009
Enrollment:	60
Type:	Actual

Ethics review

Approved WMO	
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

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
CCMO	NL22506.042.08