

Treatment of Body Dysmorphic Disorder with cognitive therapy and task concentration training: six case studies

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The aim of this study is to investigate the effectiveness of TCT in addition to cognitive therapy, for patients with BDD. This is done at first by 6 single case studies, after which a longer treatment project will be submitted. The case studies are...

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Somatic symptom and related disorders
Study type	Interventional

Summary

ID

NL-OMON33533

Source

ToetsingOnline

Brief title

CBT for BDD

Condition

- Somatic symptom and related disorders

Synonym

Body Dysmorphic Disorder, imagined ugliness

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Maastricht

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

Intervention

Keyword: Body Dysmorphic Disorder (BDD), Cognitive therapy, single case study, Task Concentration Training

Outcome measures

Primary outcome

Reduction of BDD (symptoms) such as preoccupation with a certain body part and avoidance behaviour. Increased self-esteem. Decrease in general psychopathology.

Secondary outcome

Decrease in credibility of irrational cognitions about the particular body part. Decreased self-focused attention.

Study description

Background summary

Patients with Body Dysmorphic Disorder (BDD) are preoccupied with an imagined defect in their appearance or, in the case of a slight physical anomaly, the concern is markedly excessive. Furthermore, the patient is hindered in his/her social and/or occupational functioning and are the symptoms not better accounted for by any other disorder (like an eating disorder).

At present, cognitive-behavioural therapy for BDD focuses on changing irrational cognitions. Next, exposure techniques are applied to help decrease excessive avoidance and control behaviour. However, it seems logical to also directly deal with the self-focused attention that is so obviously present in the disorder.

In former studies on maintaining mechanisms and treatment of social phobia and fear of blushing, it became evident that Task Concentration Training (TCT; a technique in which the patient is taught to redirect his/her attention more external and less towards him/herself) was successful in reducing anxiety and avoidance.

Study objective

The aim of this study is to investigate the effectiveness of TCT in addition to

cognitive therapy, for patients with BDD. This is done at first by 6 single case studies, after which a longer treatment project will be submitted. The case studies are varied; they all receive 5 sessions of TCT at some moment (2 patients receive 5 sessions in the beginning, 2 patients receive 5 sessions in the middle, and 2 patients receive 5 sessions at the end of the treatment). This way, it can be investigated whether adding 5 sessions of TCT to CT is effective in treating patients with BDD, and it can be examined whether it matters in what phase TCT is introduced.

Study design

6 patients diagnosed with Body Dysmorphic Disorder according to the DSM-IV (SCID-I interview) will participate in this research. The research takes the form of a series of single case experimental designs.

Intervention

The intervention consists of 15 sessions; In 10 sessions cognitive therapy is done and in 5 sessions Task Concentration Training (TCT) is given. The 5 TCT sessions will be given either at the beginning, in the middle or at the end of treatment.

Two patients per variant will be participating.

Study burden and risks

Patients will take part in measurements during 7 hours (distributed over 6 moments in time and spread over 1,5 jaar). These measurement mainly concern filling out questionnaires. Furthermore, patients take part only once in an interview about personality disorders (duration 1-2 hours).

There is a 5-week baseline period before the start of the therapy, in which the patient makes daily registrations about several variables. In general, there will be a waiting-list before the start of therapy and this will be filled with the baseline period.

Contacts

Public

Universiteit Maastricht

Postbus 616
6200 MD Maastricht
Nederland

Scientific

Universiteit Maastricht

Postbus 616
6200 MD Maastricht
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

A (DSM-IV) diagnosis of Body Dysmorphic Disorder (according to the SCID-interview);
Furthermore: willing to participate in this research

Exclusion criteria

- Earlier (cognitive) behaviour therapy for BDD
- Additional severe psychopathology like major depressive disorder which is primary. (note that personality disorders who are not diagnosed as the main complaint do not form an exclusion criterion)

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Masking:	Open (masking not used)
Control:	Uncontrolled

Primary purpose: Treatment

Recruitment

NL
Recruitment status: Recruiting
Start date (anticipated): 17-08-2007
Enrollment: 6
Type: Actual

Ethics review

Approved WMO
Date: 20-06-2007
Application type: First submission
Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

Approved WMO
Date: 06-02-2009
Application type: Amendment
Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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

NL16364.068.07