Phobia's under control: a pilotstudy into the feasibility and effectiveness of an online self-help intervention in routine mental health care

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In this pilotstudy we will examine the feasibility of a web-based self-help intervention for phobia. We will also look at indications of its effectiveness.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Psychiatric disorders
Study type	Interventional

Summary

ID

NL-OMON33625

Source
ToetsingOnline

Brief title
Online sef-help for phobia's: a pilot study

Condition

- Psychiatric disorders

Synonym
anxiety disorder, phobia

Research involving
Human

Sponsors and support

Primary sponsor: Vrije Universiteit
Source(s) of monetary or material Support: RVVZ (Agis zorgverzekeringen)

Intervention

Keyword: anxiety disorders, phobia, psychotherapy, self-help

Outcome measures

Primary outcome

We focus primarily on the feasibility of the intervention: are the patients

pleased with this intervention?

Secondary outcome

Besides, we will examine the reduction of phobic symptoms and the use of

psychotherapy (number of sessions).

Study description

Background summary

The prevalence of phobias is high and there are long waiting lists for psychotherapy. Research among other psychiatric disorders (e.g. depression) has shown that face-to-face treatments are not always necessary. Self-help interventions, in which patients work through a standardized psychological treatment independently, are also often effective in reducing symptoms. In this pilotstudy we will examine whether such a self-help intervention can be used for phobic patients in regular mental health care.

Study objective

In this pilotstudy we will examine the feasibility of a web-based self-help intervention for phobia. We will also look at indications of its effectiveness.

Study design

This study is a randomized trial for phobic patients waiting for psychotherapy. Half of the patients will receive the web-based self-help intervention, the other half will not.

Intervention

The web-based intervention is based on the book *Fobieen* which is written by de Neef en prof. Cuijpers (both applicants of this study). The core element of this intervention is the exposure component of the evidence-based cognitive behavioural therapy: people are exposed to those things that they have avoided because of their fears. De intervention consists of 6 weekly lessons. The patients need to do *homework*. They are supported by e-mail by psychologists (or master students).

Study burden and risks

not applicable

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

18 years or older with diagnosis of phobia

Exclusion criteria

not suitable to put on waiting list, change in medication

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Health services research

Recruitment

NL

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

Ethics review

Approved WMO

Date:	27-08-2008
Application type:	First submission
Review commission:	METC Amsterdam UMC

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	NL24328.029.08