

Wellbeingtherapy as a part of rehabilitation in psychotraumatreatment;A radomized controlled study of the positive effects from wellbeingtherapy during the phase of rehabilitation in psychotraumatreatment with adults

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The objective of the study is to report about the effect on psychological wellbeing, post traumatic growth and relapse in PTSD symptoms by treating patients with WBT in comparisson with TAU during the rehabilitation in psychotraumatreatment.

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

Summary

ID

NL-OMON40408

Source

ToetsingOnline

Brief title

Wellbeingtherapy and PTSD

Condition

- Other condition
- Anxiety disorders and symptoms
- Lifestyle issues

Synonym

post traumatic stress disorder, PTSD

Health condition

PTSS in DSM V niet meer onder angststoornis

Research involving

Human

Sponsors and support

Primary sponsor: Mediant (Enschede)

Source(s) of monetary or material Support: Mediant zelf

Intervention

Keyword: PTSD, rehabilitation, wellbeing therapy

Outcome measures**Primary outcome**

The intervention is focused on increasing the psychological wellbeing, social and emotional wellbeing on the MHC-SF

Secondary outcome

Secondary study outcome is posttraumatic stress complaints, posttraumatic growth, selfcompassion, therapy use, workproductivity

Study description**Background summary**

Evidence-based treatments for posttraumatic stress disorders (PTSD) are available and have been widely implemented. However, there is considerable risk for relapse and until date no effective relapse prevention programs have been developed. A promising approach is to focus on positive mental health or well-being in the rehabilitation phase (after treatment of the PTSD). For several common mental disorders it has been shown that well-being therapy reduces the risk for relapse, has a positive impact on well-being and

resilience and further reduces symptomatology. In the research project we want to study the effects of an adapted well-being therapy as rehabilitation for people who have been treated for PTSD.

Study objective

The objective of the study is to report about the effect on psychological wellbeing, post traumatic growth and relapse in PTSD symptoms by treating patients with WBT in comparison with TAU during the rehabilitation in psychotraumatreatment.

Study design

Randomized Controlled Trial with two conditions WBT and TAU.

Intervention

Wellbeingtherapy with sustains 6 face to face session. The duration of the sessions is one hour on a frequency of every one or two weeks. The patients also have homework in between the different sessions.

Study burden and risks

There will be four measurements with eleven questionnaires.

Contacts

Public

Mediant (Enschede)

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NL

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

-adults who had effective treatment for PTSD

Exclusion criteria

-psychotic disorders

-stil having a diagnosis for PTSD on M.I.N.I. Plus

-treatment necessary for other specifiek psychiatric disorder in a different center

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-04-2014
Enrollment:	124

Type:

Actual

Ethics review

Approved WMO

Date:

11-03-2014

Application type:

First submission

Review commission:

METC Twente (Enschede)

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

NL46248.044.13