

Combined treatment for PTSD and Problematic Alcohol Use in middle-aged and older patients - a pilot study

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Psychiatric and behavioural symptoms NEC
Study type	Interventional

Summary

ID

NL-OMON41084

Source

ToetsingOnline

Brief title

Combined treatment for PTSD and problematic alcohol use

Condition

- Psychiatric and behavioural symptoms NEC

Synonym

Post traumatic stress disorder, PTSD and problematic alcohol use, substance use disorder

Research involving

Human

Sponsors and support

Primary sponsor: Parnassia (Den Haag)

Source(s) of monetary or material Support: Parnassia

Intervention

Keyword: Alcohol, Elderly, PTSD, Treatment

Outcome measures

Primary outcome

For efficacy, the primary outcome measures are PTSD symptoms (SRIP score) and SUD symptoms (number of symptoms according to MINI interview).

Secondary outcome

Secondary outcome measures are depression and anxiety symptoms (HADS score) and (re-)admission to an inpatient facility within 3 months after the end of treatment.*

Study description

Background summary

Problematic alcohol use (PAU) among older adults is an increasing public health concern which leads to rising health care costs; especially given the fact that the proportion of elderly people is increasing, as well as life expectancy (Immonen et al., 2011; Wetterling et al., 2003). Problematic alcohol use frequently co-occurs with Posttraumatic stress disorder (PTSD). PTSD is associated with non-effective coping, more abuse of alcohol and drugs, and a greater chance for future traumatic experiences (Mueser et al., 2002). It has been suggested that after experiencing a trauma, some people suppress their trauma symptoms by excessive alcohol use. In turn, excessive alcohol use hampers a healthy processing of a traumatic event. This leads to a self-perpetuating vicious cycle of PTSD symptoms and problematic alcohol use. Integrated treatment for both PTSD and problematic alcohol use seems the appropriate approach.

Study objective

The aim of this study is to investigate the feasibility and efficacy of a combined treatment for PTSD and problematic alcohol use (PAU) in a Dutch sample of older patients with PTSD and PAU. Expertise from Brijder addiction care will be shared with Parnassia therapists, and this exchange may have a better

collaboration in the treatment of older patients (which is a rapidly growing group in The Netherlands) as a positive side effect. Our longer-term aim is to conduct a multicenter Randomized Controlled Trial (RCT) with cost-effectiveness analysis (CEA) to compare different methods of treating patients with a dual diagnosis of PTSD and PAU.

Study design

For this open-label pilot study a pretest-posttest design will be used, with a follow-up 3 months after treatment.

Intervention

Patients will first receive the standard treatment for SUD, a CBT-based *lifestyle training* (De Wildt, 2000). As soon as patient and therapist observe that the patient has a certain degree of control over their alcohol use, EMDR treatment is initiated focusing on the PTSD symptoms, while the SUD treatment continues

Study burden and risks

There are no documented cases of harmful effects of EMDR. For some people, the eye movement procedure may cause mild eye discomfort or dizziness. If this happens, the therapist will use other techniques, such as gently tapping on client*s hands or using binaural sounds.

It is common for people to experience strong emotions during and after EMDR sessions, so the therapist will give accurate information about what can be expected after the sessions.

The benefits of this study are twofold: we expect that the trauma-related symptoms and complaints will decrease, as well as the symptoms of problematic alcohol use, e.g. amount of alcoholic drinks. In addition, as aforementioned symptoms are positively associated with depression and anxiety, we expect these symptoms to decrease as well.

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

age 55 years or over

DSM-IV diagnosis of PTSD

Problematic alcohol use (AUDIT score ≥ 8 or according to the judgment of the treating physician)

Sufficient command of Dutch language

Exclusion criteria

Severe cognitive impairment (according to the judgment of the treating physician)

Psychosis

Delirium

Verhoogd suicide risico

Borderline Personality Disorder

Study design

Design

Study type: Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Treatment

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	15-09-2015
Enrollment:	10
Type:	Actual

Ethics review

Approved WMO	
Date:	18-09-2014
Application type:	First submission
Review commission:	METC Leids Universitair Medisch Centrum (Leiden)

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	NL48791.058.14