

EMDR as a treatment of negative self-image in adults with ADHD.

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The objective of this study is to study whether Eye Movement Desensitization and Reprocessing (EMDR) treatment leads to a significant decline of the negative self-image in patients with ADHD. The objective is to create a stronger improvement in self...

Ethical review	Approved WMO
Status	Pending
Health condition type	Cognitive and attention disorders and disturbances
Study type	Interventional

Summary

ID

NL-OMON42069

Source

ToetsingOnline

Brief title

EMDR and negative self-image in ADHD.

Condition

- Cognitive and attention disorders and disturbances

Synonym

ADHD, Attention Deficity Hyperactivity Disorder

Research involving

Human

Sponsors and support

Primary sponsor: Parnassia Bavo Groep (Den Haag)

Source(s) of monetary or material Support: verzekering;therapiesessie wordt als onderdeel van het DBC gezien

Intervention

Keyword: ADHD, EMDR, negative self-image

Outcome measures

Primary outcome

The main parameter is improvement of self-image. The self-image is measured with the Rosenberg -NL Self-esteem Scale, which consists of 10 items which represent one underlying construct. Items are answered on a 4-point-Likert scale. Five items are reversed, so a positive score represents higher self-confidence. Total scores can vary between 0 and 30 points. EMDR is considered as helpful when there is a significant higher improvement on these scales between T3 and T1 (EMDR treatment) than between T1 and T0 (waiting list period).

Secondary outcome

Improvement of other psychological and physical symptoms is monitored with the 90-item Symptom Checklist (SCL-90). Psychological symptoms that could be influenced during this study are for example anxiety, depression and sleep related problems. EMDR is considered as helpful when there is a significant higher improvement on this scale between T3 and T1 (EMDR treatment) than between T1 and T0 (waiting list period).

Study description

Background summary

Some of the ADHD patients with a negative self-image who received cognitive behavioural therapy, still misses something. It doesn't feel right to them.

This is the so called difference between 'knowing in your mind' and 'knowing in your heart', which is also called 'cold and hot cognitions' (Sanders en ten Broeke, 2011). The negative self-image emerges due to experiences of failure in the past (Safren, 2006). For example when someone was bullied or had learning difficulties in school. These experiences can lead to negative core beliefs about oneself (Beck, 1976).

Study objective

The objective of this study is to study whether Eye Movement Desensitization and Reprocessing (EMDR) treatment leads to a significant decline of the negative self-image in patients with ADHD. The objective is to create a stronger improvement in self-image as compared to regular therapy.

Study design

This pilot has a cross-over design. All patients start with five weeks waiting list (the control condition). After this period, every patient receives five to eight EMDR sessions.

Intervention

All participants undergo at least five EMDR sessions. When necessary, treatment is prolonged to eight sessions.

Study burden and risks

The patients receive a minimum of two intakes of 120 minutes in total (before the study intervention) and a maximum of two intakes, eight EMDR sessions and an personal evaluation with a total duration of 895 minutes in a period of thirteen weeks. Participants fill out the set of questionnaires three (five EMDR sessions) or four (if they continue to eight EMDR sessions) times during the study, which will take about 45 minutes per occasion. They continue their regular treatment during the research. The main advantage of participation is the possible improvement of self-image. A possible risk is that EMDR treatment can trigger many emotional responses which can be uncomfortable.

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

1. ADHD/ADD diagnosis.
2. Negative self-image. A negative self-image can emerge due to harmful experiences. These can lead to negative thoughts and feelings about oneself.
3. Stable situation regarding medication (consultation with doctor).
4. Continuity in psychosocial and psychic functioning.

Exclusion criteria

1. Current suicidality.
2. PTSD diagnosis.
3. Type 2 trauma (Long-term recurrent traumatic events, like sexual abuse).
4. Comorbidity: Severe current depression, bipolar disorder (type 1), psychotic disorders and substance dependency.
5. Severe personality disorder or the comorbid disorder (axis 1 or 2) demands specialised treatment first.
6. No request for help regarding a negative self-image.
7. Severe automutilation.
8. Low IQ, mental retardation.
9. Many problems on Axis-IV.

10. Unstable living situation (for example: No housing or insufficient support system).
11. Crisis-prone and regular acting-out behaviour.

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-10-2015

Enrollment: 16

Type: Anticipated

Ethics review

Approved WMO

Date: 10-02-2016

Application type: First submission

Review commission: METC Leiden-Den Haag-Delft (Leiden)

metc-ldd@lumc.nl

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	NL50671.058.14