Movement in Trauma. An explorative study on the effects of a psychomotor intervention in the first phase of treatment for patients with complex trauma.

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Anxiety disorders and symptoms
Study type	Interventional

Summary

ID

NL-OMON42297

Source
ToetsingOnline

Brief title
Movement in Trauma

Condition

- Anxiety disorders and symptoms

Synonym
posttraumatic stress disorder, trauma

Research involving
Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Groningen
Source(s) of monetary or material Support: SIA-RAAK

Intervention

Keyword: (complex) PTSD, Body-oriented therapy, Psychomotor therapy, Stabilisation phase

Outcome measures

Primary outcome

Outcome measures are trauma related symptoms, dissociation and general

psychological wellbeing.

Secondary outcome

To gain insight in how the intervention works also data is gathered on body

attitude, body awareness and mastery. Participants in the new module are asked

to evaluate the intervention and their therapist

Study description

Background summary

Although around 50% of patients with PTSD can be treated effectively, but the treatment of patients with complex (multiple and long term) trauma is less successful. Verbal interventions not always lead to sufficient insight as this can be blocked by the loss of contact with one*s own body and the lack of recognition and expression of emotions. In many occasions serious psychosomatic complaints remain. To address these problems with recognising and regulating emotions a body oriented intervention was developed to be offered in the first phase of treatment.

Study objective

Aim of the study is to gain insight in the results of a new intervention and to compare these with the results of the treatment for complex PTSD as it is now offered . It is also our goal to gain information on how patient characteristics and differences in the kind of treatment have an effect on the

results in regular treatment.

Study design

Quasi experimental design encompassing two separate studies A) In the first observational study patients in specialized trauma centres will be followed for 8 months during regular treatment and B) In an intervention study that follows this observational study only patients that participate in a new group intervention offered by psychomotor therapists will be followed. Comparison of the outcomes in both studies will be made.

Intervention

A body-oriented *psychomotor* intervention focused on stabilization that was developed by psychomotor therapists specialized in complex trauma. 12 weekly session are offered in which patients are supported to gain more contact with their body without getting overwhelmed by motions, The interventions are targeted at gaining more body awareness, trust and control.

Study burden and risks

Patients in study B are offered a new intervention but this intervention is composed of elements that are regularly used in treatment for trauma patients. All patients are asked to fill in questionnaires at the start and after 4 and 8 months. There are no extra risks involved in participating in this study.

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

In both the observational (study A) and the experimental study (study B) patients will be included
1) who start treatment in one of the participating specialized centers for trauma
2) with a diagnosis PTSD (DSM-IV)
3) who are capable of giving informed consent
For the experimental study: 4) who are motivated to participate in a psychomotor group intervention.

Exclusion criteria

Potential participants for both studies will be excluded if :
1) They are younger than 18.
2) Have a known IQ lower than 80
3) Actual suicide risk as observed by their therapist/intaker
4) Known to be addicted to alcohol or drugs as reported by therapist/intaker.

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):	03-03-2015
Enrollment:	110
Type:	Actual

Ethics review

Approved WMO

Date:	16-02-2015
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

ID: 29146
Source: NTR
Title:

In other registers

Register	ID
CCMO	NL51054.042.14
OMON	NL-OMON29146