Cognitive behavioral therapy for Misophonia, RCT

Published: 23-01-2017
Last updated: 19-03-2025

To evaluate the effect of the CBT groep treatment for misophonia.

Ethical review	Approved WMO
Status	Completed
Health condition type	Impulse control disorders NEC
Study type	Interventional

Summary

ID

NL-OMON43118

Source
ToetsingOnline

Brief title
Cognitive behavioral therapy for Misophonia, RCT

Condition

- Impulse control disorders NEC

Synonym
anger/disgust of noise, Misophonia

Research involving
Human

Sponsors and support

Primary sponsor: AMC Psychiatrie
Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: Cognitive behavioral therapy Misophonia, RCT

Outcome measures

Primary outcome

Our primary outcome measure will constitute of misophonia symptom severity as measured by the AMisoS-R (Schröder et al. in press).

Secondary outcome

Our secondary study parameters will focus on daily psychosocial functioning and quality of life. The Dutch versions of the following rating scales will be used to asses psychosocial functioning: the Sheehan Disability Scale (SDS, Sheehan, 1983) and the Symptom Checklist-90-R (SCL-90R, Derogatis, 1973). Quality of life will be measured by the Euro Quality of life 6 Dimensions (EQ-6D, The EuroQol Group. (2011)and the WHO Quality of Life-BREF (WHOQOL-BREF, WHOQOL group. Development of the World Health Organization WHOQOL-BREF quality of life assessment. The WHOQOL Group. Psychol Med 1998;28:551-8.)

Study description

Background summary

Individuals with misophonia experience extreme negative emotions such as anger and disgust when they are exposed to specific human sounds, such as chewing or sniffing. These negative emotions cause individuals to avoid situations where they might be exposed to the trigger sound, compromising the ability to function in daily life. Even though it has only recently been discovered and it concerns specific and striking symptoms, there are indications that the prevalence is quite high. All these patients could easily be missing out on proper treatment when no explicit diagnostic criteria would have been established. In 2013, researchers at the Academic Medical Center (AMC) in Amsterdam proposed the first diagnostic criteria for misophonia based on the extensive research on 42 patients. Since the first referrals of patients suffering from misophonia to the AMC department of Psychiatry, many followed. Several of these patients have, after being on a waiting list for several months, experimentally been treated in a group therapy. This group therapy was

developed at the same department. To our knowledge, this is the very first therapy worldwide, for specifically treating misophonia. This group therapy consists of 8 sessions during 16 weeks, and is based on psychoeducation, cognitive behavioural interventions, attention training and relaxation exercises. In the last three years, this group therapy has led to a reduction of misophonia symptoms in a considerable number of participating patients. In fact, based on pre- and post-treatment A-MISO-S scores, a reduction of at least 35% of the total score was found in 53% of the patients. However, the components of the therapy and their order have occasionally undergone several minor changes, due to systematic and frequent evaluations by both patients and therapists.

Study objective

To evaluate the effect of the CBT groep treatment for misophonia.

Study design

The present study entails a randomized, wait-list controlled clinical trial directed at patients suffering from misophonia met follow-up. The patients will be randomly assigned to the intervention condition (group therapy for misophonia) or to the control condition (waiting list for group therapy after allocation at intake).

Intervention

Cognitive Therapy (CT), attention training and applied relaxation. Subjects will take part in our treatment program, which was especially developed for treating patients with misophonia. The program follows a strict standardized protocol for treatment in a group. Every two weeks, participants engage in a 90 minutes session of cognitive therapy, directly followed by a 75 minutes session of both attention training and applied relaxation techniques. The program consists of eight of these combined sessions. Two months and twelve month after the last sessions, a 90 minutes follow-up session takes place. The group size will be 8 patients maximum. Eligibility for the group therapy will be determined by a team of psychiatrists, psychologists and psychiatric nurses, who are specialized in treatment for misophonia and anxiety disorders.
Wait-list condition: Since there is no TAU for treating misophonia, a randomized wait-list controlled trial was chosen as design. No interventions targeted at treating the misophonia complaints will be carried out during the wait-list condition.

Study burden and risks

Patients will undergo a 1/2hour during testbattery to report about their complaints. These assessments will be repeated halfway treatment, posttreatment

and at 2 and 12 month followup. No risks are attached to this study.

Contacts

Public
Selecteer

Meibergdreef 5 -
Amsterdam 1105 AZ
NL
Scientific
Selecteer

Meibergdreef 5 -
Amsterdam 1105 AZ
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Misophonia, Impuls control disorder NOS

Exclusion criteria

Presence of any of the following DSM-IV-TR conditions:
-Major depression
-Major anxiety disorder

-Bipolar disorder
-Autism spectrum disorders
-Schizophrenia or any other psychotic disorder
-Substance related disorder during the past 6 months
-Any structural CNS disorder or stroke within the last year

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Completed
Start date (anticipated):	23-02-2017
Enrollment:	64
Type:	Actual

Ethics review

Approved WMO

Date:	23-01-2017
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

ID: 29419
Source: NTR
Title:

In other registers

Register	ID
CCMO	NL59434.018.16
OMON	NL-OMON29419