

# Effectiveness of the online self management training Reuma Uitgedaagd! for adults with a rheumatic disease

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The objective is to study the effectiveness of the online self management training Reuma Uitgedaagd! voor adults with a rheumatic disease.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Autoimmune disorders
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON43917

### Source

ToetsingOnline

### Brief title

Effect online self management training for adults with a rheumatic disease

### Condition

- Autoimmune disorders
- Joint disorders

### Synonym

Arthritis, Reumatism

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Universitair Medisch Centrum Utrecht

**Source(s) of monetary or material Support:** Reumafonds

## Intervention

**Keyword:** adults, effectiveness, online self management training, rheumatic disease

## Outcome measures

### Primary outcome

The primary outcome is the achievement of the first goal who the adult with a rheumatic disease has set prior to the research

### Secondary outcome

The achievement of the second and thirth goal who the adult with a rheumatic disease has set prior to the research, disease activity, self management, quality of life, absent from work, use of health care, satisfaction and usefulness of the training and adherence.

## Study description

### Background summary

Rheuma is a chronic disease that has a major impact on daily life. Rheumatism can have negative effects on well-being and functioning. This affects major life choices such as family, leisure, work and pregnancy. Rheumatism also calls for changes in behavior, such as taking medication and exercise. To guide and enhance self management in adults with a rheumatic disease is an important part of the treatment. UMC Utrecht has developed, in collaboration with the Arthritis Foundation, an online self-management training (Reuma Uitgedaagd!) for adults with a rheumatic disease. Recently, an usability study is carried out to investigate the feasibility and content of the online training. The next step is to investigate the effectiveness of the online self management training.

The purpose of the online self management training Reuma Uitgedaagd! is getting and keeping control over living with rheumatism. The training takes place at home via the computer. The participant is supervised by a trainer who also has rheumatism. The trainer is trained by UMC Utrecht and a training agency (Work21) to guide the participants during the training. The participant has two

months to finish the training. The training consists nine modules. Each module has its own theme, such as rheuma, the treatment of rheumatism, self-management skills, body and feelings, family, interaction with the environment, exercise, work and looking forward. All modules consist an introduction text where the purpose of the module is illustrated. In the reading part of the module is the topic explained. In the exercises part the participant can do practical exercises about the theme. In the 'more reading and more exercises part' has the participant the choice to read more information or to do an exercise. The first three modules and the last module are required. The other modules are optional, depending on the needs and goals of the participant. The participant set goals with the help of the trainer prior to the start of the training. During the training, there are three chats between the trainer and the participant. At the forum the participants can share experiences with each other. The training takes 4-9 hours to complete (one hour per module).

### **Study objective**

The objective is to study the effectiveness of the online self management training Reuma Uitgedaagd! voor adults with a rheumatic disease.

### **Study design**

The study design is a randomised controlled trial with seven measurements. After informed consent and T0 randomisation takes place. The controle group is a waitlist group and receives usual care according to the directives from the Nederlandse Vereniging voor Reumatologie. The experimental group receives usual care combined with the online self management training Reuma Uitgedaagd! for adults.

### **Intervention**

The experimental group follows the online self management program Reuma Uitgedaagd! for adults.

### **Study burden and risks**

The intervention group follows the online self management training Reuma Uitgedaagd! Participants follow the training at their own pace but complete the training within two months or sooner. The training takes 4-9 hours. The control group and intervention group fill in online questionnaires. measurement T0, T3 en T6 takes approximately 25 minutes, T1, T2, T4, T5 takes approximately 5minutes. Risks associated with participation in this research are negligible.

## Contacts

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### 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 in The Netherlands:

26 years old or older

rheumatic disease

diagnosed by a rheumatologist or general practitioner > 2 year

speaks en writes dutch

personal computer with a internetconnection

### Exclusion criteria

Adults who have a psychological disease (beside their rheumatic disease) or recently had (between 1 january 2014 and time of participation)

Adults who participated earlier in an online self managementtraining for rheumatism

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

**Primary purpose:** Health services research

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	29-01-2016
Enrollment:	120
Type:	Actual

## Ethics review

Approved WMO	
Date:	04-12-2015
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Utrecht (Utrecht)
Approved WMO	
Date:	01-08-2016
Application type:	Amendment
Review commission:	METC Universitair Medisch Centrum Utrecht (Utrecht)

## 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**

<b>Register</b>	<b>ID</b>
CCMO	NL53898.041.15