

# EMDR treatment for anxiety related to the future in MS patients

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The objective of this study is to examine whether EMDR with flashforward targets can be effective in reducing anxiety related to the future in MS patients. Specifically, following hypotheses will be examined: EMDR with flashforward target...

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

## Summary

### ID

NL-OMON45157

### Source

ToetsingOnline

### Brief title

EMDR treatment for anxiety in MS patients

### Condition

- Autoimmune disorders
- Anxiety disorders and symptoms

### Synonym

anxiety and Multiple Sclerosis

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Sint Elisabeth Ziekenhuis

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** Anxiety, EMDR, Multiple Sclerosis

## Outcome measures

### Primary outcome

Hypothesis 1:

Anxiety scores on the hospital anxiety and depression scale (HADS-A).

Penn State Worry Questionnaire (PSWQ) scores.

Scores on Quality of Life questionnaire: World Health Organisation Quality of Life (WHOQOL-bref).

### Secondary outcome

Hypothesis 2:

Scores on the Montreal Cognitive Assessment (MoCA) and the Symbol Digit Modalities Test (SDMT)

Scores on Cognitive Avoidance Questionnaire (CAQ)

## Study description

### Background summary

Prevalence of anxiety in MS patients is high and anxiety itself can contribute to the overall decrease of Quality of Life (QoL). The anxiety of MS patients seems mostly specifically focused on the future related to their MS. Evidence of applicability of Eye Movement Desensitisation Reprocessing (EMDR) to desensitize a feared \*worst case scenario\* in the future (flash forward) is growing. EMDR is a cost-effective psychotherapy, especially due to the short duration of the treatment. However, research is needed to examine the flash forward EMDR procedure as treatment option for feared future events.

### Study objective

The objective of this study is to examine whether EMDR with flashforward

targets can be effective in reducing anxiety related to the future in MS patients. Specifically, following hypotheses will be examined: EMDR with flashforward target significantly decreases anxiety, and decreases worrying as well as improving QoL more, compared to Supportive Listening. Our hypothesis is that cognitive status (having cognitive disorders) does not influence the treatment effect of EMDR therapy. And that patients with higher Subjective Unit of Disturbance (SUD) scores and patients with more cognitive avoidance strategies benefit more from EMDR therapy.

## **Study design**

Controlled intervention study, with randomised controlled design (RCT).

## **Intervention**

Patients will randomly be assigned to getting EMDR treatment (EMDR ff) or Supportive Listening (SL).

## **Study burden and risks**

N/A

## **Contacts**

### **Public**

Sint Elisabeth Ziekenhuis

hilvarenbeekseweg 60  
Tilburg 5022 GC  
NL

### **Scientific**

Sint Elisabeth Ziekenhuis

hilvarenbeekseweg 60  
Tilburg 5022 GC  
NL

## **Trial sites**

## Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

diagnosis Multiple Sclerosis

Dutch speaking

adult (18+)

HADS-A score 8 or higher

anxiety related to the future

### Exclusion criteria

severe psychiatric comorbidity; i.e. dissociation, high suicide risk  
following other psychological treatment at the same time

## Study design

### Design

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

### Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-01-2016
Enrollment:	20
Type:	Actual

## Ethics review

Approved WMO	
Date:	01-12-2015
Application type:	First submission
Review commission:	METC Brabant (Tilburg)
Approved WMO	
Date:	08-05-2017
Application type:	Amendment
Review commission:	METC Brabant (Tilburg)

## 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: 28790  
Source: Nationaal Trial Register  
Title:

### In other registers

Register	ID
CCMO	NL54423.028.15
OMON	NL-OMON28790