

The effects of the Dramatherapeutic Self-concept Module: a multiple baseline single-case study on the effects of the Dramatherapeutic Self-esteem Module for patients with a personality disorder, who are indicated for outpatient schemafocused therapy.

Published: 12-02-2019

Last updated: 10-01-2025

Investigating the progress of the self-esteem and well-being before, during and after the Dramatherapeutic Self-Image module in clients with a personality disorder who are in treatment phase 1 of outpatient schema focused therapy. Investigating which...

Ethical review	Approved WMO
Status	Completed
Health condition type	Personality disorders and disturbances in behaviour
Study type	Interventional

Summary

ID

NL-OMON46299

Source

ToetsingOnline

Brief title

The effects of the Dramatherapeutic Self-concept Module.

Condition

- Personality disorders and disturbances in behaviour

Synonym

low self-esteem, personalitu disorders

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Twente

Source(s) of monetary or material Support: Mediant GGZ; in het kader van opleiding tot Klinisch Psycholoog.

Intervention

Keyword: Dramatherapy, Personality disorders, Self-esteem

Outcome measures

Primary outcome

The progress of self-esteem, measured by the Dutch version of the Rosenberg Self-Esteem Scale (RSES) before, during and after the intervention.

Secondary outcome

The progress of well-being, measured by the Dutch version of the Mental Health Continuum- Short Form (MHC-SF) before, during and after the intervention.

The experience of the Dramatherapeutic Self-Image Module, from the perspective of the participants, measured by the Change Interview.

Study description

Background summary

Evidence-based treatment in mental health service is getting more and more important. There is relatively little empirical evidence for arts therapies, amongst which drama therapy. In 2015 the minister of health asked the organization of arts therapists to build up empirical evidence for their therapies. This study will investigate the effects en progress of drama therapy, especially the * Dramatherapeutic Self-concept Module*, a well documented module. This module has proved to be effective in a clinical setting

for clients with anxiety disorders. In this study, the module will be evaluated with respect to clients with a personality disorder who will receive schema-focused therapy in an outpatient setting.

The module is designed for enhancing self-esteem. Low self-esteem is a transdiagnostic factor and correlates with a variety of psychological problems and is as well part of several personality disorders. What makes this module special, and relevant for the population of interest, is the use of dramatherapeutic techniques. These are expected to fit well to hot cognitions ('feeling that', as opposed to cold cognitions * 'knowing that') which seem to be extremely important in the treatment of clients with a personality disorder.

Study objective

Investigating the progress of the self-esteem and well-being before, during and after the Dramatherapeutic Self-Image module in clients with a personality disorder who are in treatment phase 1 of outpatient schema focused therapy.
Investigating which aspects of the Dramatherapeutic Self-concept Module, helped or obstructed clients to change, in their experience.

Study design

A multiple baseline single-case experimental design will be used, in which 10 participants will be followed by means of weekly measurements, while they are in treatment phase 1. In this phase clients are prepared for the schema focused therapy (which takes part in phase 2) by means of psycho-education on schema focused therapy, formulating treatment goals, etc. In the period of the measurements, they will first participate in the psycho-education of 4 weekly group sessions and after that, in the Dramatherapeutic Self-concept Module, both of which interventions will take place in a closed group. There will be some waiting time between the start of the measurements and the start of the psycho-education, and between the psycho-education and the Dramatherapeutic Self-concept Module. In this waiting time, the measurements are to be continued. The period of waiting time and psycho-education will serve as baseline. It will be a multiple baseline single-case design because different participants will have different periods of waiting time.

Intervention

The Dramatherapeutic Self-concept module is a module in which in 6 weekly sessions of 75 minutes in a group of 6 participants will be worked on enhancement of self-esteem. This will be done with cognitive behavioural and dramatherapeutic interventions and some homework. The sessions will be led by an experienced drama therapist who is trained in this module.

Study burden and risks

The participants will fill in the questionnaires weekly, which will take about 10 minutes, in sum 3 1*2 hours. The change interview will take about one hour. They participate in the module which consists of 6 weekly sessions of 75 minutes, and some homework inbetween. The sessions and the homework will take 10 1/2 to 11 1/2 hours. Total time investment is 15-1 hours in 4 to 5 months. Clients are free to participate in the study and they can end their participation at any moment, without reason and without consequences for their further treatment. Questionnaires will be done online by the researcher. The interviews will be done by the researcher or her assistant, a master student psychology. They will be trained in doing this in a safe and respectful way. There are no known negative effects of the Dramatherapeutic Self-concept Module. We expect that participants will profit from the module by an increasing self-esteem which will contribute to an increase of well-being.

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

Inclusion criteria:

- having a low self-esteem (score on Rosenberg Self-esteem scale * 27)
- being diagnosed with a personality disorder
- being willing and able to participate in a group treatment
- being indicated to participate in outpatient schema-focused therapy
- being in treatment phase 1 of this therapy. This is the phase before the schema-focused therapy, which takes place in phase 2.

Exclusion criteria

Exclusion criteria, examined in intake and determined in intake staff:

- actual suicidality
- mental disability
- serious aggression
- serious abuse of or addiction to alcohol / drugs
- having a Cluster A- personality disorder or an antisocial personality disorder

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Completed

Start date (anticipated): 11-04-2019

Enrollment: 18

Type: Actual

Ethics review

Approved WMO

Date: 12-02-2019

Application type: First submission

Review commission: MEC-U: Medical Research Ethics Committees United (Nieuwegein)

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: 22201

Source: NTR

Title:

In other registers

Register	ID
Other	Nederlands Trial Register 7298
CCMO	NL66011.044.18

Study results

Date completed: 30-03-2020

Results posted: 24-03-2021

First publication

24-03-2021