Effects of a brief compassion induction on emotion regulation in patients with personality disorder

Published: 10-08-2017
Last updated: 13-04-2024

The primary aim of the current study is to examine the immediate effects of a brief compassion induction exercise on PD patients* affect regulation choice in response to imagery-based emotional salient experiences. A secondary aim is to assess to...

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

Summary

ID

NL-OMON47878

Source
ToetsingOnline

Brief title
Compassion and emotion regulation in patients with a personality disorder

Condition

- Personality disorders and disturbances in behaviour

Synonym
personality disorder

Research involving
Human

Sponsors and support

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

Intervention

Keyword: Compassion, Emotion regulation, Personality disorder

Outcome measures

Primary outcome

The Emotion Regulation Profile * Revised (ERP-R) is administered to examine the choice of emotion regulation strategies in response to imagery-based positive or negative emotion eliciting experiences (primary outcome).

Secondary outcome

Secondary outcomes include:

- Positive and negative affect are measured both directly, with the Positive and Negative Affect Schedule (PANAS), and indirectly, with the Implicit Positive and Negative Affect Test (IPANAT).

Control variables:

- Trait compassion, as measured with the Forms of Self-Criticising/Attacking and Self-Reassuring Scale (FSCRS).
- Trait emotion regulation strategies, as measured with the Difficulties in Emotion Regulation Scale (DERS).

Study description

Background summary

Emotion dysregulation, that is, the inability to effectively respond to and manage emotions, has been established as a core symptom in patients with personality disorders (PDs). Effective treatment of emotion dysregulation may significantly reduce the burden and improve the quality of life of patients

with personality disorders. Unfortunately, conventional treatments are only moderately successful in attenuating emotion regulation difficulties. An alternative form of treatment which may offer a helpful strategy for improving emotion regulation in this specific group of patients is compassion-focused therapy (CFT). CFT may contribute to more effective emotion regulation through (1) strengthening the capacity for experiencing and tolerating affiliative/soothing emotions in the face of setbacks; and (2) strengthening the capacity for regulating and engaging with unpleasant or feared emotions. Despite some preliminary, promising evidence that PD patients may benefit from practising compassion in terms of mental health and well-being, it remains as yet unclear whether the use of compassion may help PD patients improve their abilities for adaptive emotion regulation.

Study objective

The primary aim of the current study is to examine the immediate effects of a brief compassion induction exercise on PD patients* affect regulation choice in response to imagery-based emotional salient experiences. A secondary aim is to assess to what extent a brief compassion induction impacts positive and negative affect. The effects of the compassion induction exercise will be compared to the effects of a neutral exercise.

Study design

Experimental study with a two-group cross-over design. Participants with a personality disorder will be randomly allocated over two groups. Both groups take part in two consecutive experimental sessions on the same day. One group receives a compassion induction exercise during the first session and a neutral exercise during the second session, and vice versa for the other group. Measurements, in the form of self-report questionnaires, take place at baseline and at the end of each session (i.e. following each exercise).

Intervention

The brief compassion induction consists of a 10-minute exercise called *building a compassionate image*. During the neutral exercise, participants are instructed to describe the room with all their senses.

Study burden and risks

For each participant, the total amount of time to participate in the study is estimated at 1.5 hours. To minimize the burden, both sessions take place on the same day. In between the sessions, participants will have a short break. Participation in each session involves participating in a brief exercise (10 minutes) and filling out a number of questionnaires. This is expected to have no risks for the participants, especially since a therapist will be present

during both sessions in order to create a sense of comfort and safeness among the participants. Also, participation in this study is completely voluntarily, and participants are allowed to stop participating at any time without any clarification.

Contacts

Public
Universiteit Twente

Drienerlolaan 5
Enschede 7522NB
NL
Scientific
Universiteit Twente

Drienerlolaan 5
Enschede 7522NB
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

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

Inclusion criteria

1. The patient is admitted to Scelta, GGNet, Apeldoorn.
2. The patient has one or more DSM-IV personality disorders as primary diagnosis.
3. The patient is aged between 18 and 65 years old.
4. The patient is willing and able to provide voluntary and informed consent.

Exclusion criteria

1. Insufficient Dutch language proficiency to be able to participate in the exercises and complete the questionnaires.

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	07-09-2017
Enrollment:	24
Type:	Actual

Ethics review

Approved WMO Date:	10-08-2017
Application type:	First submission
Review commission:	METC Twente (Enschede)
Approved WMO Date:	27-03-2018
Application type:	Amendment
Review commission:	METC Twente (Enschede)

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

Register	ID
CCMO	NL61988.044.17