

# Compassion focused therapy for self-criticism for patients with personality disorders or post-traumatic stress disorders

Published: 17-10-2019

Last updated: 10-04-2024

The primary aim of the current study is to examine whether CFT is effective for reducing self-criticism in patients with PDs or PTSD.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruiting
<b>Health condition type</b>	Personality disorders and disturbances in behaviour
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON48067

### Source

ToetsingOnline

### Brief title

Compassion-focused therapy for self-criticism

### Condition

- Personality disorders and disturbances in behaviour

### Synonym

self-criticism; self-compassion

### Research involving

Human

### Sponsors and support

**Primary sponsor:** GGNet (Warnsveld)

**Source(s) of monetary or material Support:** Instellingen zelf

## Intervention

**Keyword:** compassion-focused therapy, personality disorders, post-traumatic stress disorders, self-criticism

## Outcome measures

### Primary outcome

The main study parameter is change in self-reported self-criticism.

### Secondary outcome

Secondary outcomes are PD/PTSD severity and self-compassion.

## Study description

### Background summary

Self-criticism is associated with a wide range of psychiatric disorders including personality disorders (PDs) and post-traumatic stress disorders (PTSD). Effective treatment of self-criticism may significantly reduce the burden and improve the quality of life of these patients. However, conventional treatments are only moderately successful in ameliorating self-criticism. An alternative form of treatment which may offer a helpful strategy for decreasing self-criticism in these patients is compassion-focused therapy (CFT). CFT is aimed at cultivating compassion, particularly self-compassion, and facilitates the ability to reduce self-criticism. Despite some preliminary, promising evidence that patients with PDs and PTSD may benefit from compassion based interventions in terms of mental health and well-being, it remains as yet unclear whether the use of CFT may help patients with PD and PTSD decreasing their self-criticism.

### Study objective

The primary aim of the current study is to examine whether CFT is effective for reducing self-criticism in patients with PDs or PTSD.

### Study design

A multiple baseline case series design with 3-7 weeks baseline phase, 12 weeks treatment phase and a 6 weeks follow-up phase.

## Intervention

The CFT protocol consists of 12 sessions of 1-2 hours aimed at cultivating self-compassion.

## Study burden and risks

Patients will receive their usual care during the study. The burden of this study pertains to 12 additional CFT sessions including homework assignments. Participants are requested to weekly report, during the complete study period, their perceived level of self-criticism via a visual analogue scale (0-100%). Furthermore, questionnaires needs to be filled in at the start of baseline, before and directly after the CFT phase, and at the end of the follow-up phase. The risk for adverse events due to participation in this study is negligible, the potential benefit of this study is that self-criticism may be reduced.

## Contacts

### Public

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NL

### 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

1. Subjects must be admitted for treatment to the one of the two sites where the study is performed.
2. Informed consent: subject must give their signed and dated written informed consent to participate
3. Age: at least 18 years of age
4. Personality disorder or post-traumatic stress disorder diagnosis

## Exclusion criteria

Insufficient knowledge of the dutch language

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

### Recruitment

NL  
Recruitment status: Recruiting  
Start date (anticipated): 03-02-2020  
Enrollment: 20  
Type: Actual

## Ethics review

Approved WMO  
Date: 17-10-2019

Application type:

First submission

Review commission:

CMO regio Arnhem-Nijmegen (Nijmegen)

## 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	NL70940.091.19