

Testing the Effectiveness of a psychotherapeutic method based on spatial cognition and imagination therapy to reduce the distress of moderate depression.

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Regarding the goal of the Society for Mental Space Psychology: to help shift the paradigm in psychology towards a more mental space oriented science, the publication of research that supports this idea is fundamental. Besides that, is the...

Ethical review	Not approved
Status	Will not start
Health condition type	Mood disorders and disturbances NEC
Study type	Interventional

Summary

ID

NL-OMON48422

Source

ToetsingOnline

Brief title

Mental Space psychology and Depression (MSP-D)

Condition

- Mood disorders and disturbances NEC

Synonym

moderate depression

Research involving

Human

Sponsors and support

Primary sponsor: Society for Mental Space Psychology

Source(s) of monetary or material Support: Society for Mental Space Psychology: IEP: NVNLP: DVNLP; NVPA: Meta Group Holland en enkel particuliere bijdragen

Intervention

Keyword: imagination therapy, moderate depression, spatial cognition

Outcome measures

Primary outcome

The nil-hypothesis is, that there will be no difference in the reduction of the amount of depressive complaints as measured on the 10 points scale and the Beck Depression Inventory for the treated and non-treated group after 30 days after the first moment of measurement.

Beside that, this design results in two effect measurements after 30 days.

The sought for outcome is the measurable amount of therapeutic effect above spontaneous reduction (placebo) of the complainst.

Secondary outcome

Along side of the evaluation of the effectiveness of the intervention, the further acquisition of insight in the reliability of dark areas in mental space as a diagnostic tool in relation to depression. The amount of reliability and validity thereof to monitor the amount of depressiveness and the progress of the therapy will be an important step towards a mental spatial form of psychiatric diagnosis: what can become an instrument adjacent to symptom based

types of diagnosis like the DSM.

Study description

Background summary

Depression is a mood disorder, in which the patient in general does not know what causes it. Out of interest in the phenomena in mental space, appeared that many depressed patients do have areas of darkness in their mental space that, they are aware of during the times they suffer from the depressed feelings. These dark areas are easy to point out for them in the space around them. The theory used in this research-project is, that, these areas of darkness are associated with repressed very hard to cope with life issues: like loss of identity, status, loved ones, future dreams and health. Because of these patients have tried to get these out of their minds, they cannot see these as the reason of their depression. Other symptoms, like insomnia can be understood neurophysiologically out of the process of repression.

Just over clinical experimentation a method arose, in which the areas of darkness were the starting point. By having patients to move these areas to the center of attention and have them lighting them up, access was acquired to the repressed life-issues. From the moment the lacking coping capabilities that had forced the patient to repress the issue, the therapy aims at the acquisition of these coping capabilities and to still apply them backwards in time.

For this, a combination of therapeutic techniques is applied: submodalities, change personal history and new behavior generator. These methods date from the 70s and 80s. The specific new element is found in the combination of these steps.

To execute these methods properly, it takes well trained imagination therapists: only people with enough hypnotherapeutic skills are suited for this. These therapists are found over our existing networks. This is possible because most members of the board of the Society for Mental Space Psychology know many such experienced therapist, since they are practicing psychotherapy themselves for a extended period of time.

Study objective

Regarding the goal of the Society for Mental Space Psychology: to help shift the paradigm in psychology towards a more mental space oriented science, the publication of research that supports this idea is fundamental. Besides that, is the development of a treatment methods for moderate depression important for society (since this is the most prevalent type of depression). This is the

goal of this research project. And also, the improvement of the therapeutic method used will be an outcome of having this being used by a great variety of experienced practitioners.

Study design

We aim at having 25 individual therapist to apply this treatment method for moderate depression with for them normal clients in their own practice environment. They will do a pre-testing of the level of the intensity of the symptoms of depression by a 10 points scale and the self rating questionnaire, The Beck Depression Inventory. They will follow a precisely described protocol. Because of their experience they can do that.

After 30 (± 2) days they will do a followup measurement by using the same 10 points scale and Depression Inventory.

For controlling the effectiveness, we make use of a so called *waitinglist design*. Random selected clients will do an intake and are tested on the same 10 point scale and Depression Inventory. After that they wait 30 days before they are given the same treatment as the other group.

30 days later, these will be evaluated with the same measuring tools.

We have chosen for this format, because it is closest to the reality of psychotherapeutic practice. The simplicity is necessary because of the practical need that therapist who are not scientist can do this in sufficient manner. They need to deal with the administration and explain everything to their clients.

Intervention

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Study burden and risks

Clients suffering from depression often have suicidal thought and plans. Frustrating psychotherapeutic treatment can increase that. We cannot yet prove that Depression in Awareness Space is less frustrating than other treatment methods. Clinical experience with this method points in that direction. Long followups of clinical use is very promising. The therapists who will take part in the study will be instructed to keep the communication with the clients open. When they complain about an increase in symptoms, the therapists are instructed to let go the protocol and continue only on behalf of the client.

In comparison with other available psychotherapeutic treatments for depression, ACT, CBT, mindfulness, the time it costs the client is much less. Including the filling out of the questionnaires the treatment may take 2 to 3 hours (depending on the working style of the therapist and the creativity of the client). The intervention is not aimed at the exploration of traumatic experience nor the reexperience thereof. Neither is there an element of exposure-therapy. The client is moved towards the acquisition of new coping skills, those that were missing and brought the client to give up trying to resolve the difficult life issues that caused the depression.

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

Clients will be found by the therapists. They may use their regular network or add something extra like a message on social media. All clients that can be the regular visitors of the private practice are included.

Exclusion criteria

The clients will be counted out of the study, when they undergo other treatments for the same complaints: like other forms of psychotherapy, medication or other alternative treatments. Also, when they score above the cut-off on the (pre) depression test they will be afterwards taken out of the sample.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Will not start
Enrollment:	100
Type:	Anticipated

Ethics review

Not approved

Date: 23-05-2019

Application type: First submission

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

No registrations found.

In other registers

Register	ID
CCMO	NL67703.028.19