Physical trauma patients with symptoms of an acute stress disorder: a feasibility study with Eye Movement Desensitization Reprocessing (EMDR)

Published: 20-09-2019
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The aim of this project is to examine the feasibility of EMDR in physical trauma patients with symptoms of ASD.

Ethical review	Approved WMO
Status	Completed
Health condition type	Anxiety disorders and symptoms
Study type	Interventional

Summary

ID

NL-OMON48566

Source
ToetsingOnline

Brief title
EMDR treatment for physical trauma patients with acute stress disorder

Condition

- Anxiety disorders and symptoms

Synonym
Acute stress disorder (ASD)

Research involving
Human

Sponsors and support

Primary sponsor: Sint Elisabeth Ziekenhuis
Source(s) of monetary or material Support: ZonMW;projectnummer: 842004008

Intervention

Keyword: Acute stress disorder, EMDR, Injury, Physical trauma

Outcome measures

Primary outcome

The primary outcome measure is the presence and severity of ASD symptoms

Secondary outcome

Response rate and dropout rate are secondary parameters.

Other study parameters are clinical information (i.e., type of trauma, Injury Severity Score (ISS), Glasgow Coma Score, being hospitalized, being treated on the intensive care unit, complications during treatment), and history of psychological and psychiatric disorders.

Study description

Background summary

About 25% of physical trauma patients have subsyndromal acute stress disorder (ASD) during hospitalization and about 30% experience posttraumatic stress disorder (PTSD) symptoms one month after injury. Research showed that patients with ASD or PTSD who were treated almost directly after trauma with trauma-focused cognitive behavioral therapy (CBT) have a reduction of PTSD symptoms. Together with CBT, eye movement desensitization reprocessing (EMDR) therapy is the treatment of choice for physical trauma patients with PTSD. ASD has hardly been studied in these patients and never in relation to EMDR.

Study objective

The aim of this project is to examine the feasibility of EMDR in physical trauma patients with symptoms of ASD.

Study design

This is an intervention study with a prospective cohort design

Intervention

This intervention consists of one up to three EMDR sessions, with a duration of 45 minutes, focused on the source of ASD symptoms. This intervention will be performed by psychologists, who are also EMDR practitioners and specialized in treating physical trauma patients.

Study burden and risks

This project is exploratory and descriptive in nature. The risks and discomforts of participation are kept as low as possible. EMDR appears to be an effective intervention for trauma patients, because one or a couple of short sessions (45 minutes) can already be effective. This intervention will be performed by psychologists, who are also EMDR practitioners and specialized in treating physical trauma patients. They observe and obtain that the psychological burden of the intervention will not be too high. The global aim of this project is to provide information about the possibility of performing a psychological EMDR intervention in the clinical hospital setting. Outcomes will be assessed using questionnaires and administration of response and dropout rates. There are no medical interventions involved in the study. Duration of participation will be about one month. Screening for ASD symptoms, by the nurse or researcher, will take about 5 minutes. The time to complete the self-reported questionnaires is approximately 10 minutes. EMDR treatment, maximum three sessions, will be offered to patients with symptoms of ASD after trauma. The number of sessions will be administrated by the psychologist.

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

being treated in the shock room
aged 18 or older
presence of ASD symptoms (based on the DSM-5 criteria)

Exclusion criteria

severe traumatic brain injury (Glasgow Coma Score * 8)
dementia
insufficient knowledge of the Dutch language (verbal and writing)

Study design

Design

Study type: Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Completed

Start date (anticipated):	05-12-2019
Enrollment:	52
Type:	Actual

Ethics review

Approved WMO Date:	20-09-2019
Application type:	First submission
Review commission:	METC Brabant (Tilburg)
Approved WMO Date:	13-11-2019
Application type:	Amendment
Review commission:	METC Brabant (Tilburg)
Approved WMO Date:	06-04-2020
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: 25862
Source: NTR
Title:

In other registers

Register	ID
CCMO	NL66194.028.18
OMON	NL-OMON25862