Trauma-focused EMDR for Personality disorders among Outpatients

Published: 02-12-2020
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The objective of the current study is to eveluate whether EMDR is effective in reducing PD symptoms.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON49632

Source
ToetsingOnline

Brief title
Trauma-focused EMDR for PD

Condition

- Other condition
- Personality disorders and disturbances in behaviour

Synonym
PD; Personality Disorder; Borderline.

Health condition

Posttraumatische stressstoornis

Research involving
Human

Sponsors and support

Primary sponsor: Parnassia (Den Haag)
Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: EMDR, Personality disorders

Outcome measures

Primary outcome

PD symptoms as measured by the Structured Clinical Interview for DSM-5

Personality Disorders (SCID-5-PD).

Secondary outcome

Jeugd Trauma Vragenlijst (JTV)

Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)

PTSD Check List (PCL)

Brief Posttraumatic Cognition Inventory (PTCI-9)

Life Events Checklist for the DSM-5 (LEC-5)

Level of Personality Functioning Scale - Brief Form 2.0 (LPFS)

Difficulties in Emotion Regulation Scale (DERS)

Brief State Paranoia Checklist (BSPC)

Outcome Questionnaire-45 (OQ-45)

Euro-Quality of Life 5 dimension 5 level version (EQ-5D-5L)

Treatment inventory Cost In Psychiatric Patients (TiC-P)

Mental Health Quality of Life questionnaire (MHQoL)

Study description

Background summary

Patients with a personality disorder (PD) often experienced traumatic events in their childhood. Treatment for PD is costly and lengthy. EMDR is effective for the treatment of posttraumatic stres disorder and even seems to act quicker. Research indicates that EMDR might reduce PD symptoms.

Study objective

The objective of the current study is to eveluate whether EMDR is effective in reducing PD symptoms.

Study design

A single-blind randomized controlled trial with two arms: a waiting list condition (control) and EMDR-treatment (experimental).

Intervention

The experimental group receives ten EMDR sessions of ninety minutes.

Study burden and risks

Recent studies have demonstrated the safety of EMDR in PD patients (Slotema et al., 2019; de Jongh et al., 2020; Hafkemeijer et al., submitted), so there is no reason to expect disadvantageous effect. Participation will obviously cost time, but this is justified by the potential advantageous therapeutic effects.

If emotions and distress due to traumatic memories increase in the days after an EMDR-session, participants can discuss this with the researchers and therapists. No increase in suicidal behavior nor selfmutilation is expected. For participants in the control condition no treatment is offered in the first three months of the study. This period is lower than the regular waiting time for treatment for PD, which ranges 6 to 12 months.

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

1: Age eighteen years or older.
2: PD classified with the aid of the Structured Clinical Interview for DSM-5 for PD.
3. Distress due to traumatic memories

Exclusion criteria

1. Estimated IQ below seventy
2. Lacking adequate competence in the Dutch language

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)

Primary purpose: Treatment

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	15-02-2021
Enrollment:	105
Type:	Actual

Ethics review

Approved WMO Date:	02-12-2020
Application type:	First submission
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

Approved WMO Date:	12-01-2021
Application type:	Amendment
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

Approved WMO Date:	02-02-2021
Application type:	Amendment
Review commission:	METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

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	NL73628.078.20