Guideline-Informed Treatment-Personality Disorders Youth: Exploring the feasibility of a generic early intervention program for emerging personality disorder in adolescents

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

Summary

ID

NL-OMON51286

Source
ToetsingOnline

Brief title
GIT-PD Youth

Condition

- Personality disorders and disturbances in behaviour

Synonym
personality pathology

Research involving
Human

Sponsors and support

Primary sponsor: Psychotherapeutisch Centrum De Viersprong (Halsteren)
Source(s) of monetary or material Support: Kenniscentrum Persoonlijkheidsstoornissen

Intervention

Keyword: adolescents, emerging personality pathology, generalist intervention program

Outcome measures

Primary outcome

Primary outcome is the severity of PD symptoms.

Secondary outcome

secondary outcomes are level of personality, social and academic functioning,

severity of depressive- and anxiety symptoms, emotion dysregulation symptoms

and the severity of suicidal ideation and behaviour.

Study description

Background summary

Given the longstanding consequences of personality disorders (PD), the focus in the field has recently switched to prevention and early intervention of personality pathology. Although there is increasing evidence for the benefits of some specialist psychotherapeutic approaches, their widespread dissemination is hampered by high training demands. The primary aim of GIT-PD Youth is to prevent personality pathology to having a major impact on the development of adolescents by designing a pathway for early detection and generalist intervention based on the common factors of these evidence-based treatments. In the long term, the ultimate goal may be to help closing the treatment gap for adolescents with emerging PDs by offering an alternative and accessible frontline PD-oriented treatment.

Study objective

The current study presents a preparational feasibility study. Its aim is to assess feasibility of the GIT-PD Youth intervention on the one hand, and to assess the feasibility of a multicentre research design on the other hand. More

specifically, we will study the feasibility of the intervention itself by studying its acceptability by young persons and families in terms of treatment retention and client satisfaction, and by estimating potential treatment benefits following the intervention.

Study design

Feasibility study with a a one-group pretest-posttest design.

Intervention

GIT-PD Youth provides a treatment framework to improve care as usual by applying a set of principles derived from existing evidence based treatments. It*s a principle driven, common factors approach with specific attention to relational dynamics and crisis management. Treatment is highly structured and the clinical process is phased with specific treatment goals to be identified, resulting in a modular treatment approach.

Study burden and risks

The risks of participating in this trial are minimal. GIT-PD has been investigated among adults and is currently offered in routine care, as recommended by national treatment guidelines. The interviews and assessments may be somewhat burdensome, but do not carry specific risks.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adolescents (12-15 years)
Adolescents (16-17 years)

Inclusion criteria

The targeted participants are adolescents with emerging symptoms of personality pathology. Only participants between the ages of 12 and 18 years will be included in the study. Participants for the study will be recruited after a thorough screening for eligibility (see below). More specifically, participants will be considered as eligible for the study when they meet the threshold for personality disorders according to the alternative model for personality disorders in DSM-5, meaning they should display moderate or more severe impairments in personality functioning (score >= 2,) as assessed through the Semi-structured Interview for Personality Functioning DSM-5 (STiP-5.1).

Exclusion criteria

Exclusion criteria are: insufficient mastery of the Dutch language, severe risk of suicide requiring immediate intervention and cognitive impairment (IQ <75). The WAIS-IV will be administered when intellectual impairment is suspected. Patients will also be excluded when they meet the DSM-5 criteria for (severe) psychotic disorders, autism spectrum disorder and (severe) substance abuse.

Study design

Design

Study type: Interventional

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-05-2022
Enrollment:	75
Type:	Anticipated

Ethics review

Approved WMO

Date:	29-06-2022
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	NL81304.028.22