

# Time limited schema focused group therapy for patients with personality disorders

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In this multicenter prospective cohort study we will investigate the feasibility of TE-ST.

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

## Summary

### ID

NL-OMON53581

### Source

ToetsingOnline

### Brief title

TE-ST for PD

### Condition

- Personality disorders and disturbances in behaviour

### Synonym

Personality disorders

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Parnassia (Den Haag)

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** group therapy, personality disorder, psychotherapy, schema therapy

## Outcome measures

### Primary outcome

- Is the patient satisfied with treatment with TE-ST?
- Are therapists satisfied with treatment with TE-ST?
- How many patients need treatment after TE-ST?
- How many patients dropout during treatment with TE-ST?

### Secondary outcome

- What change occurs in severity of psychiatric symptoms during treatment with TE-ST?
- What change occurs in severity of symptoms of PDs?
- What change occurs in functioning in personality and daily life?

## Study description

### Background summary

Schema therapy has gained increasing attention during the last decade as an effective form of treatment for personality disorders (PDs), mainly in treating borderline PD. Schema therapy with a brief duration would be very welcome as PDs are prevalent, ensuing is high and waiting lists are long. In clinical practice Time limited Experiential group Schema therapy (TE-ST) is mainly used for patients with symptoms of PDs or mild forms of PDs. TE-ST has not been under study so far.

### Study objective

In this multicenter prospective cohort study we will investigate the feasibility of TE-ST.

## Study design

Within-subject design with five assessments among patients participating in TE-ST.

## Intervention

Time limited Experiential group Schema therapy

## Study burden and risks

There are no risks associated with this study since it consists of self-report questionnaires in adjunct to a treatment that is applied in clinical practice. The burden consists of filling out questionnaires at five time points. All measurements will have a duration of approximately 30 up to 45 minutes each.

## Contacts

### Public

Parnassia (Den Haag)

Lijnbaan 4  
Den Haag 2512VA  
NL

### Scientific

Parnassia (Den Haag)

Lijnbaan 4  
Den Haag 2512VA  
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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

## Age

Adults (18-64 years)

## Inclusion criteria

1. DSM-5 classification of a PD with the aid of the Structured Clinical Interview of DSM-5 Disorders II
2. Age at least 18 years
3. Eligibility for group therapy based on a. symptoms of PDs are the reason for seeking help, b. the patient is motivated to follow psychotherapy in a group, and c. the clinical impression of the group therapists. The latter means that the patient is able to attend group meetings, the patient dares to show himself within a group and the patient is able to reflect on the input of other patients.

## Exclusion criteria

1. Acute crisis (such as suicidality) for which a patient needs inpatient treatment,
2. Acute psychotic episode or psychotic disorder, autism spectrum disorder or alcohol or drugs-related disorders as primary diagnosis
3. Limited knowledge of the Dutch language
4. Severe auditory problems that interfere with participation in a group, or severe stuttering
5. Estimated IQ below 70.

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

### Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 02-01-2023

Enrollment: 30  
Type: Anticipated

## Ethics review

Approved WMO  
Date: 21-02-2023  
Application type: First submission  
Review commission: METC Amsterdam UMC

## 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	NL82035.029.22