

# Research into EMDR for Military Personnel and Veterans with Psychological Trauma

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The primary objective is to study the effectiveness of EMDR in comparison to PE for treating military personnel and veterans with psychological trauma. Secondary objectives are: 1. to investigate if working memory capacity is a predictor of EMDR...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Pending
<b>Health condition type</b>	Anxiety disorders and symptoms
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON56051

### Source

ToetsingOnline

### Brief title

REMIND

### Condition

- Anxiety disorders and symptoms

### Synonym

other trauma- and stressor-disorder, posttraumatic stress disorder; other specified trauma- and stressor-related disorder, PTSD

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Universitair Medisch Centrum Utrecht

**Source(s) of monetary or material Support:** Ministerie van Defensie

## Intervention

**Keyword:** EMDR, Psychological trauma, RCT, Working memory

## Outcome measures

### Primary outcome

The main outcome measure is the change in psychological trauma symptoms from before to after the treatment, measured by a self-report questionnaire and a clinical interview.

### Secondary outcome

For the secondary outcomes, we will test performance on a (working) memory task. Task performance will be investigated as potential predictor of treatment success.

## Study description

### Background summary

Posttraumatic stress disorder (PTSD) and 'Other Specified Trauma- and Stressor-Related Disorder' are mental disorders that can occur following a traumatic event. Psychological trauma in military personnel may differ from civilian psychological trauma for example due to the nature of the trauma, or extensive military training. Eye movement desensitisation and reprocessing (EMDR) and prolonged exposure (PE) are trauma-focused therapies that have been shown to be effective at reducing trauma symptoms in civilians. PE has also been shown to be effective at treating military personnel with trauma. In contrast, the effectiveness of EMDR for military personnel and veterans is currently under debate, because a recent meta-analysis showed that it might not be effective in this population. Despite this, EMDR is often used at military mental health services to treat psychological trauma. In conclusion, there is a need to investigate the effectiveness of EMDR for treating military personnel and veterans with psychological trauma. Furthermore, the mechanism underlying EMDR is unknown. Gaining mechanistic insight into EMDR neuropsychology could contribute to identifying predictors for treatment success.

### Study objective

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The primary objective is to study the effectiveness of EMDR in comparison to PE for treating military personnel and veterans with psychological trauma.

Secondary objectives are:

1. to investigate if working memory capacity is a predictor of EMDR treatment success

## **Study design**

The proposed study is a single-blind randomised controlled between-subjects non-inferiority trial.

## **Intervention**

Patients will be randomly assigned to EMDR or PE. Both therapies are validated trauma-focused therapies that are recommended by the Dutch guidelines for the treatment of psychological trauma. Patients will receive 10 90-minute treatment sessions during a period of 12 weeks.

## **Study burden and risks**

Patients will receive standard treatment for psychological trauma. Increased stress or emotional discomfort might occur due to exposure to a psychological trauma. However, this is the case for all trauma-focused therapies and therefore we consider this risk acceptable. Following each session, patients will fill in a brief questionnaire. Besides the therapy sessions, patients will complete four main assessments. The first assessment takes about 3 hours, the second 90 minutes, and the third and fourth one take 20 minutes. We consider this an acceptable burden since these assessments are spread out over a period of several months: one before treatment, one immediately following treatment, after 26 and 52 weeks.

## **Contacts**

### **Public**

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### **Scientific**

Universitair Medisch Centrum Utrecht

Lundlaan 1

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

### Inclusion criteria

- Military personnel of the Dutch Defence organisation or veterans who served for the Kingdom of the Netherlands
- PTSD or 'other specified trauma and stressor-related disorder' diagnosis by therapist.
- Master the Dutch language
- Assigned to a PTSD psychotherapy treatment
- Aged 18-64 year

### Exclusion criteria

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## Study design

### Design

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

Control:	Active
Primary purpose:	Treatment

## Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-03-2023
Enrollment:	72
Type:	Anticipated

## Ethics review

Approved WMO	
Date:	07-02-2023
Application type:	First submission
Review commission:	METC NedMec
Approved WMO	
Date:	20-06-2023
Application type:	Amendment
Review commission:	METC NedMec
Approved WMO	
Date:	15-09-2023
Application type:	Amendment
Review commission:	METC NedMec
Approved WMO	
Date:	30-04-2024
Application type:	Amendment
Review commission:	METC NedMec

## 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	NL81607.041.22