Goal management training for patients with arthritis.

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Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21736

Bron
NTR

Aandoening

arthritis, polyarthritis, depression, rheumatic disease, rheumatoid arthritis, cognitive behavioural techniques, psychosocial,
reumatoïde artritis, psychosociaal, depressie

Ondersteuning

Primaire sponsor: University of Twente, Dept. of Psychology, Health & Technology (PHT), P.O. Box 217, 7500 AE Enschede, Streekziekenhuis Koningin Beatrix (Winterswijk) and St. Elisabeth Ziekenhuis (Tilburg)
Overige ondersteuning: Stichting Reumaonderzoek Twente

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Effect of the intervention on depressive symptoms.

Toelichting onderzoek

Achtergrond van het onderzoek

Existing self-management programs try to improve coping with rheumatic disease but revealed very limited effects and low participation rates. These programs narrowly focus on illness-related aspects. However, adaptation problems are more complex and include various domains of life. The new program starts from personal goals of the patients which are threatened by arthritis. It aims to broaden and improve patients competencies to manage these threatened personal goals in order to improve adaptation to arthritis.

The main objective of the study is to evaluate the goal management training in terms of the effect on depressive symptoms. Secondary objectives of the intervention are to study the effect of the intervention on the secondary outcome measures: anxiety symptoms, positive affect, purpose in life and social participation; use of and preference for goal management strategies; and disease related outcomes. Furthermore the cost-effectiveness and cost utility of the goal management intervention will be evaluated from a societal perspective.

16-07-2013: Changes to the design. A number of changes have been made, since the recruitment of participants went slow. Randomization is not performed and the waiting list control condition lapses. The intervention group will be compared to an existing cohort that ran from 2010 to 2011. The cohort exists of 330 patients with polyarthritis that participated in an observational study. Patients in the cohort will be selected based on the baseline criteria from the intervention study. These patients did not participate in an intervention at the time of the study, making it possible to compare the natural course of adaptation to the intervention group.

Doel van het onderzoek

The main objective is to evaluate the goal management training in terms of the effect on depressive symptoms. It is expected that people with arthritis will experience lower levels of depressive symptoms after participation in the group training, compared to the control group.

Onderzoeksopzet

T0: Baseline (all measures);

T1: Post-intervention (all measures);

T2: Only cost-effectiveness measures;

T3: Only cost-effectiveness measures;

T4: Follow-up (all measures).

Methods:

Hospital Anxiety and Depression Scale (HADS) (Zigmond & Snaith, 1983). The depression subscale of the HADS is used to measure our primary outcome depressive symptoms.

Onderzoeksproduct en/of interventie

The new training aims to teach patients to recognize personal goals which are threatened by arthritis and learn to apply beneficial goal management strategies to improve adaptation to arthritis. The training is to be delivered by specialized nurses in hospital settings to groups with 8-10 participants. The training consists of 6 group meetings, based on informing, learning, and practicing goal management strategies. In addition to the group sessions, participants work individually on a personal goal. This individual trajectory is discussed within the group.

Control condition: Participant in the control condition recieve care-as-usual and fill in the same questionnaires as the intervention condition.

Contactpersonen

Publiek

Universiteit Twente
Postbus 217
R.Y. Arends
Enschede 7500 AE
The Netherlands
NA

Wetenschappelijk

Universiteit Twente
Postbus 217
R.Y. Arends
Enschede 7500 AE
The Netherlands
NA

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age: 18 years and older;

2. Diagnosed with polyarthritis;

3. Score on depression subscale of Hospital Anxiety and Depression Scale.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Severe distress (screening with HADS);

2. Insufficient Dutch language skills;

3. Enrolment in psychotherapeutic treatment at moment of study entry.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2012
Aantal proefpersonen:	200

Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies
Datum: 11-09-2012

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3455
NTR-old	NTR3606
CCMO	NL40257.044.12
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A