

Effectiveness of the online Hold me Tight course

Gepubliceerd: 23-06-2021 Laatste bijgewerkt: 07-12-2022

Partners participating in the HmT-online course will show improvement on outcome measures post-treatment and at follow-up compared with pre-treatment scores.

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON22153

Bron

Nationaal Trial Register

Verkorte titel

HmT-online

Aandoening

Relationship problems

Ondersteuning

Primaire sponsor: None.

Overige ondersteuning: None

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Relationship Satisfaction measured with the 4-item version of the Couple Satisfaction Index (CSI-4; Funk & Rogge, 2007). Previously a Cronbach's alfa of .93 was reported (Doss et al., 2017).

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale and objective:

Relationship problems are prevalent. About 30% of all couples experience serious problems (Whisman et al., 2008). Relationship problems have adverse effects on psychological and somatic well-being of partners and children (Amato, 2000; Kiecolt-Glaser & Newton, 2001; Lebow et al., 2012) and cause societal burden in terms of reduced work productivity, and high health care and social insurance costs (Schramm, 2006). Although evidence-based couple therapies are available, utilization by couples is restricted. In order to reach more couples in an earlier stage of relationship distress we developed an online version of the previously evaluated regular Hold me Tight relationship enhancement course (HmT; 2011-CP-1826). The regular face-to-face version of HmT was evaluated as promising (Conradi et al., 2018). The online version of HmT will have a format comparable to regular HmT. In the current study we want examine the potential effectiveness of online HmT.

Design

The study design is a simple pre-post within-subjects design strengthened with repeated measurements. Therefore, the study will have only one condition meaning randomization does not apply. A control group seems not feasible at the moment as the course is newly developed and a RCT requires more serious investments in terms of time and money. Measurements will be conducted prior to session 1 (pre-treatment), prior to sessions 3, 5 and 7 and after session 8 (post-treatment). Although we can monitor change rather detailed with these repeated measurements during the intervention, we cannot rule out rule out spontaneous remission, i.e., improvement without online HmT, because of the absence of a control group. However, as spontaneous remission of relationship problems is unlikely the absence of a control group will be less a problem (Baucom et al., 2008).

Couples

Couples consisting of adult partners mastering the Dutch language who want to participate (self-referred) in the online HmT course are included.

Doel van het onderzoek

Partners participating in the HmT-online course will show improvement on outcome measures post-treatment and at follow-up compared with pre-treatment scores.

Onderzoeksopzet

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Partners will be asked to complete the questionnaires on their own in silence without consulting their partner. Repeated measures at 5 time points are needed to follow the process of change and to optimize statistical power. The 5 assessment points and the measures administered per time point (for descriptions see above under 'primary and

secondary outcomes') are:

- (1) pre-treatment, i.e., prior to online session 1, administered: ECR-RS, CSI-4, RDS, MI.
- (2) prior to online session 3, administered: CSI-4, RDS.
- (3) prior to online session 5, administered: ECR-RS, CSI-4, RDS, MI.
- (4) prior to session 7, administered: CSI-4, RDS.
- (5) post-treatment, i.e., prior to session 8, administered: ECR-RS, CSI-4, RDS, MI.

Onderzoeksproduct en/of interventie

The protocolized intervention is based on the official Dutch translation of the HmT program (Eekhoudt et al, 2010) and adapted for online use (Siderius et al., unpublished). The eight online sessions consist of psycho education, videos, role play and homework assignments. During the eight sessions the following themes are covered by the program: (1) psycho education about love and attachment, (2) identification of dysfunctional patterns of interaction (the so called demon dialogues), (3) identification of reciprocal vulnerabilities underneath the dysfunctional dialogues, (4) resolving misunderstandings and creating a secure base, (5) open and responsive communication, (6) forgiving and building of trust, (7) tenderness and sexuality (8) caring for your romantic relationship. Main goals of the program are enhancement of relationship satisfaction and secure attachment and reduction of dysfunctional interaction and separation potential. The program aims at strengthening of reciprocal: (1) expression of attachment needs of validation, support and comfort, (2) while the other partner is available and responsive regarding such expressions.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Being a partner in a couple relationship.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

no exclusion criteria because partners refer themselves to this online programm

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	23-06-2021
Aantal proefpersonen:	50
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Ethische beoordeling

Niet van toepassing

Soort: Niet van toepassing

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
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NTR-new	NL9546
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Ander register Ethics Review Board, Psychology, University of Amsterdam : 2021-CP-13652

Resultaten