Efectiveness of adding 'exposure in vivo' techniques to the return-to-work plan of workers with mental health problems: a cluster randomised controlled trial.

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Occupational rehabilitation with a gradual return to work based on the principles of exposure in vivo will be more (cost)effective in reducing absenteeism than usual occupational rehabilitation.

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

Samenvatting

ID

NL-OMON22634

Bron
Nationaal Trial Register

Verkorte titel
work up study

Aandoening

1. Occupational rehabilitation by occupational physicians trained to use exposure in vivo techniques during the return to work phase;
2. Occupational rehabilitation as usual by occupational physicians.

Ondersteuning

Overige ondersteuning: STECR: Aladdin program

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Time to full return to work;
2. Time to relapse;
3. Pecentage of contract hours worked;
4. Work functioning.

Toelichting onderzoek

Achtergrond van het onderzoek

This cluster randomised trial tests the effectiveness of using specific exposure in vivo techniques during the return-to-work (RTW) phase in the occupational rehabilitation of workers with mental health problems. This interventions entails making an inventory of work tasks and their level of anxiety they evoke. These tasks will be gradually integrated in the RTW plan. This intervention is compared to occupational rehabilitation as usual. The main outcome measure is time to full return to work. Cost-effecetiveness of the intervention will be conducted form a societal perspective. 60 occupational physicians were randomised in two groups and are expected to include 200 workers in total.

Doel van het onderzoek

Occupational rehabilitation with a gradual return to work based on the principles of exposure in vivo will be more (cost)effective in reducing absenteeism than usual occupational rehabilitation.

Onderzoeksproduct en/of interventie

Level of occupational physician:
1. Two days of training followed by 3 intervision meetings
Level of worker:
1. Information folder with rationale;
2. Homework assignments;
3. Meeting with supervisor

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Workers who:
1. are 2-6 weeks absent from work;
2. have either:
a. a stress-related disorder (defined as having at least one psychological complaint with significant suffering or problems with functioning);
b.an anxiety disorder;
c. a depressive disorder.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Workers with:
1. severe mental illnesses (psychotic disorders, bipolar disorder);
2. PTSD;
3. addiction problems;
4. a primary somatic disorder.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Blindering:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-01-2007
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	22-01-2007
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	NL860
NTR-old	NTR874
Ander register	:
ISRCTN	ISRCTN72643128

Resultaten