

Vivid memories.

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Soldiers deployed to Afghanistan who play the computergame "Tetris" within 24 hours after an aversive event show larger reductions in frequency of event-related intrusive memories at 1 week after the event than soldiers who do not play "Tetris..."

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

Samenvatting

ID

NL-OMON22994

Bron

Nationaal Trial Register

Aandoening

Intrusive memories; Posttraumatic Stress Disorder (PTSD); Intrusieve herinneringen; Posttraumatische stress-stoornis (PTSS)

Ondersteuning

Primaire sponsor: Clinical and Health Psychology Utrecht University

Overige ondersteuning: NWO, VIDI Vernieuwingsimpuls to prof.dr. Iris Engelhard

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Frequency of intrusions measured with a structured clinical interview at 1 week after the aversive event.

Toelichting onderzoek

Achtergrond van het onderzoek

N/A

Doel van het onderzoek

Soldiers deployed to Afghanistan who play the computergame "Tetris" within 24 hours after an aversive event show larger reductions in frequency of event-related intrusive memories at 1 week after the event than soldiers who do not play "Tetris".

Onderzoeksopzet

Assessments will be scheduled before the intervention, immediately post-intervention, 1 week after the intervention and 6 weeks after deployment.

Onderzoeksproduct en/of interventie

Participants will be randomly allocated to one of two conditions:

1. Tetris (n=51);
2. Assessments Only (n=51).

The Tetris group will be asked to repeatedly bring the event to mind, while playing Tetris on a computer for 30 minutes. The Assessments Only group will be administered the same pre measures used in the Tetris group, and are asked to return after 30 min. to complete the post assessment. Both groups will be offered care as usual by the Dutch Defense Military Mental Health.

Contactpersonen

Publiek

Heidelberglaan 1
M. Sijbrandij
Utrecht 3508 TC
The Netherlands
+31 (0)30 2539484

Wetenschappelijk

Heidelberglaan 1
M. Sijbrandij
Utrecht 3508 TC
The Netherlands
+31 (0)30 2539484

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Exposure to an event according to the stressor A1 criterion of the DSM IV; (American Psychiatric Association, 1994);
2. The event happened no longer than 24 hours earlier.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Respondents are excluded if they:

1. Are not fully conscious at the time of the intervention;
2. Are severely injured (i.e., physically unable of undergoing the intervention);
3. Are suicidal;
4. Meet the criteria for any of the following DSM-IV diagnoses: psychotic disorders, bipolar disorder, depression with psychotic features, or PTSD.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel

Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-07-2010
Aantal proefpersonen:	102
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	01-06-2010
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 34053
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2223
NTR-old	NTR2348
CCMO	NL32189.068.10
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON34053

Resultaten

Samenvatting resultaten

Engelhard, I. M., van den Hout, M. A., Weerts, J., Arntz, A., Hox, J. J., & McNally, R. J. (2007). Deployment-related stress and trauma in Dutch soldiers returning from Iraq. Prospective study. *Br.J.Psychiatry*, 191, 140-145.

Engelhard, I. M. & van den Hout, M. A. (2007). Preexisting neuroticism, subjective stressor severity, and posttraumatic stress in soldiers deployed to Iraq. *Can.J.Psychiatry*, 52, 505-509.

Engelhard, I. M., van den Hout, M. A., Janssen, W. C., & van der, B. J. (2010). Eye movements reduce vividness and emotionality of "flashforwards". *Behav.Res.Ther.*

Holmes, E. A., James, E. L., Coode-Bate, T., & Deeprose, C. (2009). Can playing the computer game "Tetris" reduce the build-up of flashbacks for trauma? A proposal from cognitive science. *PLoS.One.*, 4, e4153.

Sijbrandij, M., Olff, M., Reitsma, J. B., Carlier, I. V., De Vries, M. H., & Gersons, B. P. (2007). Treatment of acute posttraumatic stress disorder with brief cognitive behavioral therapy: a randomized controlled trial. *Am.J.Psychiatry*, 164, 82-90.

Sijbrandij, M., Olff, M., Reitsma, J. B., Carlier, I. V., & Gersons, B. P. (2006a). Emotional or educational debriefing after psychological trauma. Randomised controlled trial. *Br.J.Psychiatry*, 189, 150-155.