

Guided imagery in patients with fibromyalgia.

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Guided imagery will have positive effects on pain, self-efficacy and functional status of patients diagnosed with fibromyalgia.

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

Samenvatting

ID

NL-OMON23507

Bron

NTR

Aandoening

fibromyalgie; fibromyalgia

Ondersteuning

Primaire sponsor: NIVEL (Utrecht), Aveant (Utrecht), Van Praag Instituut (Utrecht), F.E.S. (Amsterdam)

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Overige ondersteuning: Fonds NutsOhra (Amsterdam)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Daily pain (VAS).

Toelichting onderzoek

Achtergrond van het onderzoek

Objectives:

To investigate the effects of a 4-week intervention of guided imagery on pain level, functional status, and self-efficacy in persons with fibromyalgia.

Design:

Longitudinal, prospective, randomized controlled clinical trial.

Setting and subjects:

The sample includes people diagnosed with fibromyalgia ≤ 6 years (American College of Rheumatology) who are able to travel, sit 1,5 hours and have sufficient hearing.

Intervention:

Participants randomized to Guided Imagery (GI) receive two 1,5 hour group sessions, including: group conversation, a set of four guided imagery exercises on cd and instructions how to use at least one exercise daily for 4 weeks. Participants randomized to the control groups receive two 1,5 hour group sessions with group conversation.

Measures:

All participants complete daily pain VAS-scales. The Chronic Pain Self-Efficacy Scale and the Fibromyalgia Impact Questionnaire are completed at baseline, 4, and 10 weeks.

Doel van het onderzoek

Guided imagery will have positive effects on pain, self-efficacy and functional status of patients diagnosed with fibromyalgia.

Onderzoeksopzet

1. Pain: daily during 4 weeks;
2. Self-efficacy and functional status:
 - A. Pre-intervention (pre-test);
 - B. After 4 weeks (post-test);
 - C. After 10 weeks (follow-up).

Onderzoeksproduct en/of interventie

EXPERIMENTAL

1. Two 1,5 hour group sessions: group conversation, instruction about Guided Imagery (GI), distribution of cd with GI exercises;
2. 1 or 2 GI exercises per day during 4 weeks.

CONTROL

Two 1,5 hour group sessions: group conversation.

Guided Imagery has been defined as a dynamic, psychophysiologic process in which a person is guided to imagine, and experience, an internal reality in the absence of external stimuli. A person who uses imagery may experience an affective, behavioural or physiologic (i.e., psychophysiologic) response without a real stimulus event. In this way mental imagery may be used to alter one's physiologic process, mental state, self-image, performance, or behavior.

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Diagnosed fibromyalgia (American College of Rheumatology: Wolfe et al., 1990);
2. Being able to travel;
3. Being able to sit 1,5 hours;
4. Sufficient hearing.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A comorbid psychiatric disorder.

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	27-11-2009
Aantal proefpersonen:	70
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	19-01-2010
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 35696
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2055
NTR-old	NTR2172
CCMO	NL28451.041.09
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Register

OMON

ID

NL-OMON35696

Resultaten

Samenvatting resultaten

N/A