ZeroPhobia: Self-guided app-based CBT for fear of flying

Gepubliceerd: 04-11-2019 Laatst bijgewerkt: 15-05-2024

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

Samenvatting

ID

NL-OMON24641

Bron
NTR

Verkorte titel
TBA

Aandoening

Specific Phobia: Aviophobia, fear of flying

Ondersteuning

Primaire sponsor: NWO
Overige ondersteuning: NWO ASPASIA (015.014.032)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Our primary research objective is to determine the clinical effects of ZeroPhobia: whether (1) there is a reduction in phobic anxiety symptoms within-participants and between-

participants (experimental vs control) post-test and whether (2) effects are sustainable at 3 and 12 month follow-up. Therefore, this primary outcome of anxiety symptoms will be measured using the Flight Anxiety Situations questionnaire (FAS; van Gerwen et al., 1999).

Toelichting onderzoek

Achtergrond van het onderzoek

Specific phobias, such as intense fear of flying, heights, and spiders, are the most common form of mental health disorders worldwide. Specific phobias have a lengthy history of clinical research and very effective exposure treatment exists (Wolitzky-Taylor et al., 2008). However, due to high costs, stigma, and long waiting lists, access to evidence-based therapy is currently limited. Meta-analyses on treatment effectiveness for people suffering from specific phobias have shown that Virtual Reality Exposure Therapy (VRET) is as effective as traditional forms of exposure therapy (Marino et al., 2015; Parsons and Rizzo 2008; Powers and Emmelkamp 2008; Opris et al., 2012).
VRET, however, involves relatively high costs and limited accessibility, which rules out VRET as a treatment option for the larger part of the population. This project capitalizes on novel technology and recent scientific advances to develop an affordable treatment modality that is available for anybody, anywhere. Specifically, ZeroPhobia, a self-help VRET for aviophobia, delivered via a smartphone application (app) in combination with rudimentary cardboard Virtual Reality (VR) glasses will be developed and tested.

Doel van het onderzoek

We hypothesize that ZeroPhobia will effectively reduce fear of flying anxiety symptoms, will be sustained at three and twelve month follow ups, and is user-friendly. We also hypothesize that VRET will be less effective for individuals who are less prone to experiencing emotional transportation and have a lowered ability to fantasize.

Onderzoeksopzet

Measurements are taken at baseline, post-test (six weeks), and follow up (three month and 12
month).

Onderzoeksproduct en/of interventie

ZeroPhobia is a 6-week, self-help VRET for fear of flying, that is delivered through a smartphone application in combination with rudimentary cardboard VR glasses. ZeroPhobia includes modules of psychoeducation, case examples, exposure through VR, cognitive techniques, monitoring of symptoms, and relapse prevention. Participants in the waitlist condition will be offered the intervention directly after post-test.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Aviophobia: scoring above 56 on the Flight Anxiety Situations questionnaire (FAS; van Gerwen
et al., 1999; 2018; Nousi et al., 2008)
- between 18 - 64 years old (excluding 65 and older due to higher risk of falling)
- have access to a compatible smart phone with internet/data access
- willing to participate in the research study and provide informed consent

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- have insufficient knowledge of the Dutch language
- are under current treatment for specific phobia or psychotropic medication (unless on stable dosage for the previous 3 months and no changes planned during the study period).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	04-11-2019
Aantal proefpersonen:	114
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies

Datum:	04-11-2019
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 49232
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8257
CCMO	NL70238.029.19
OMON	NL-OMON49232

Resultaten

Samenvatting resultaten

Donker, T., Van Esveld, S., Fischer, N., & Van Straten, A. (2018). 0Phobia–towards a virtual cure for acrophobia: study protocol for a randomized controlled trial. Trials, 19(1), 433.
Donker, T., Cornelisz, I., Van Klaveren, C., Van Straten, A., Carlbring, P., Cuijpers, P., & van Gelder, J. L. (2019). Effectiveness of self-guided app-based virtual reality cognitive behavior therapy for
acrophobia: a randomized clinical trial. JAMA psychiatry.