

The effect of internet-based therapy for the treatment of sexual problems

Gepubliceerd: 13-03-2019 Laatste bijgewerkt: 18-08-2022

application of IBT in a GP practice is effective for the treatment of sexual problems

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

Samenvatting

ID

NL-OMON26220

Bron

NTR

Verkorte titel

TBA

Aandoening

Sexual problems

Ondersteuning

Primaire sponsor: N/A

Overige ondersteuning: Studentengezondheidszorg UvA

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

if IBT treatment predicts the reduction of a sexual problem

Toelichting onderzoek

Achtergrond van het onderzoek

The prevalence of sexual problems is relatively high. Though individuals acknowledge sexual dysfunction as a substantial problem, only some of them search for help. Less than half of the people who experience sexual dysfunction as problem seek professional help. The treatment of sexual problems is scarce and expensive: sexologists do have long waiting lists and the costs are not covered by the health insurance. In the meanwhile, sexual problems might lead to the experience of more negative emotions (e.g. frustration) and psychosocial effects (e.g. guilt) in daily life. At the other hand, the experience of positive sexual experiences stimulates the release of neurotransmitters such as dopamine and oxytocin – which have positive effects for general health such as better sleep and stress-reduction.

Earlier research suggested that implementation of internet based therapy (IBT) costs reduces with at least 50%, compared to face-to-face treatment. Whereas both manners seem to have the same outcomes for several psychological problems. IBT has the potential to enhance individuals sexual health knowledge, reduce personal emotional distress, and mental difficulties regarding sexual dysfunctions. However, IBT for sexual problems is not tested in an general practitioner (GP) practice before. The goal of this search is to measure the application of IBT for sexual problems in a GP practice. That lead us to the research question: is the application of IBT in a GP practice effective for the treatment of sexual problems. An answer to this question creates insight in the use, satisfaction and effectiveness of IBT for sexual problems in a GP practice.

To answer the research question, this research is based on a within-subject design. This design ensures that all patients who are seeking help for their sexual problem can be treated as soon as possible. For the IBT treatment, online programs of Therapieland will be used.

Doel van het onderzoek

application of IBT in a GP practice is effective for the treatment of sexual problems

Onderzoeksopzet

Reduction of the experience of sexual problems will be measured with the online Qualtrics questionnaires at 5 measure points: one month before the start of the treatment (baseline), at the moment the treatment begins, halfway trough the treatment, at the end of the treatment, and 3 months follow-up.

Onderzoeksproduct en/of interventie

blended therapy with face-to-face conversations and an online Therapieland program for a particular sexual problem

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Dutch patients of the GP practice
- Diagnosed with a sexual dysfunction
- Aged ≥ 18 years

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Depression

Onderzoeksopzet

Opzet

Type: Interventie onderzoek
Onderzoeksmodel: Anders

Toewijzing:	N.v.t. / één studie arm
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	11-02-2019
Aantal proefpersonen:	86
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Toelichting

N/A

Ethische beoordeling

Positief advies	
Datum:	13-03-2019
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

NTR-new

Ander register

ID

NL7600

Faculty Ethics Review Board (FMG-UvA) : 2018-DP-9664

Resultaten

Samenvatting resultaten

N/A