

Effectiveness of the online self management training Reuma Uitgedaagd! for adults with a rheumatic disease

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The objective is to study the effectiveness of the online self management training Reuma Uitgedaagd! voor adults with a rheumatic disease.

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

Samenvatting

ID

NL-OMON26900

Bron

NTR

Aandoening

rheuma, reuma, self management, zelfmanagement

Ondersteuning

Primaire sponsor: University Medical Center Utrecht (UMC Utrecht)

Overige ondersteuning: University Medical Center Utrecht (UMC Utrecht)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome is the achievement of the first goal who the adult with a rheumatic disease has set prior to the research

Toelichting onderzoek

Achtergrond van het onderzoek

Rheuma is a chronic disease that has a major impact on daily life. Rheumatism can have negative effects on well-being and functioning. This affects major life choices such as family, leisure, work and pregnancy. Rheumatism also calls for changes in behavior, such as taking medication and exercise. To guide and enhance self management in adults with a rheumatic disease is an important part of the treatment. UMC Utrecht has developed, in collaboration with the Arthritis Foundation, an online self-management training (Reuma Uitgedaagd!) for adults with a rheumatic disease. Recently, an usability study is carried out to investigate the feasibility and content of the online training. The next step is to investigate the effectiveness of the online self management training. The purpose of the online self management training Reuma Uitgedaagd! is getting and keeping control over living with rheumatism. The training takes place at home via the computer. The participant is supervised by a trainer who also has rheumatism. The trainer is trained by UMC Utrecht and a training agency (Work21) to guide the participants during the training. The participant has two months to finish the training. The training consists nine modules. Each module has its own theme, such as rheuma, the treatment of rheumatism, self-management skills, body and feelings, family, interaction with the environment, exercise, work and looking forward. All modules consist an introduction text where the purpose of the module is illustrated. In the reading part of the module is the topic explained. In the exercises part the participant can do practical exercises about the theme. In the 'more reading and more exercises part' has the participant the choice to read more information or to do an exercise. The first three modules and the last module are required. The other modules are optional, depending on the needs and goals of the participant. The participant set goals with the help of the trainer prior to the start of the training. During the training, there are three chats between the trainer and the participant. At the forum the participants can share experiences with each other. The training takes 4-9 hours to complete (one hour per module).

Doel van het onderzoek

The objective is to study the effectiveness of the online self management training Reuma Uitgedaagd! voor adults with a rheumatic disease.

Onderzoeksopzet

T0 - before randomisation

T1 - 1 month after randomisation

T2 - 2 months after randomisation

T3 - 3 months after randomisation

T4 - 4 months after randomisation

T5 - 5 months after randomisation

T6 - 6 months after randomisation

Onderzoeksproduct en/of interventie

The control and intervention group will receive usual care. The intervention group follows the online selfmanagement training.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Adults in The Netherlands:

26 years old or older with a rheumatic disease diagnosed by a rheumatologist or general practitioner > 2 year who speaks en writes dutch and have access to a personal computer with a internet connection

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Adults who have a psychological disease (beside their rheumatic disease) or recently had

(between 1 january 2014 and time of participation) Adults who participated earlier in an online self managementtraining for rheumatism

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2015
Aantal proefpersonen:	120
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	20-08-2015
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	NL5315
NTR-old	NTR5424
Ander register	NL53898.041.15 : METC UMC Utrecht

Resultaten