Efficacy of visual art therapy on anxiety symptoms in adult women

Gepubliceerd: 05-11-2017 Laatst bijgewerkt: 18-08-2022

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27381

Bron
NTR

Aandoening

anxiety disorders:
- generalised anxiety disorder (GAD)
- social phobia
- panic disorder (with or without agoraphobia)

Angststoornissen (ICPC P74.01/02)
- gegeneraliseerde angststoornis
- sociale fobie
- paniekstoornis (met of zonder agorafobie)

Ondersteuning

Primaire sponsor: University of Applied Sciences Leiden
Leiden University
Overige ondersteuning: NVKT

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

anxiety symptoms

Toelichting onderzoek

Achtergrond van het onderzoek

Background:

For anxiety disorders as GAD, social phobia and panic disorder, treatment results of standard care are less successful then for other anxiety disorders. Investigating the effectiveness of other types of therapies is needed. RCTs are important for establishing efficacy of interventions. For anthroposophic art therapy, no RCT has been executed. Treatment of anxiety in adults is one of the best practices of AAT, according to therapists. An important reason for organizing/conducting an efficacy study.

Method: a single-blind randomized controlled trial (RCT) with repeated measures will be performed for this intervention research.

Study Population

Participants are recruited by social media and posters/flyers in the practices of general practitioners.

Women with a moderate to severe anxiety symptoms (scoring >7 for anxiety and >10 for distress on the 4DKL(2)), aged between 18-65 years, ability to fill in questionnaires on a computer and a written informed consent belong to the inclusion criteria. Patients are excluded if they are aged less than 18 years or older than 65 years, have psychosis or hallucinations, drug dependence, pacemaker, or receive eurythmic or rhythmical massage therapy during study period.

The following diagnoses will be included: generalized anxiety disorder, social phobia and panic disorder (with or without agoraphobia), established by a diagnostic interview (MINI-plus).

Patients without one of these diagnoses are excluded.

Prestratification and Randomisation

Enrolled participants are divided into four strata: whether or not using psychotropic drugs, and whether or not having moderate or severe depression symptoms (4DKL: depression >6), and subsequently assigned to treatment (AT) or control group (WL) by means of block

randomization.

We aim at a treatment group (art therapy: AT) and a control group of 30 participants each. The control group is a waiting list group (WL) that will not be treated with AAT for three months. After three months, the control group receives the therapy, making the total treatment group size 60.

Intervention

After randomization 30 AT patients will receive ten to twelve individual art therapy sessions of 45 to 60 minutes per session during three months. Treatment is provided by qualified and registered art therapists.

Study parameters

Primary outcome measure is anxiety level (LWASQ) and stressresponsivity (psycho-physiological protocol: ECG and skin conductance).

Secondary outcome measures are: quality of life (MANSA), emotion regulation (DERS) and executive functioning (BRIEF-A, ANT).

Measurements will be executed:

Month 0: T0, before the start of the therapy (AT), or before start of waiting list (WL)

Month 3: T1, after three months of therapy (AT), or after three months waiting time (WL)

Month 6: T2, three months after ending of the therapy (AT), or after three months of therapy (WL)

Onderzoeksopzet

T0: before start therapy / start waiting time

T1: after therapy / after waiting time (3 months)

T2: follow up after three months

Onderzoeksproduct en/of interventie

visual art therapy; anthroposophic art therapy

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

• Leeftijd: 18-65 jaar

• Angstsymptomen: score op 4DKL: verhoogd op angst (>7) en/of verhoogd op distress (=10/>10)

• Diagnose: vast te stellen mbv MINI-plus diagnostisch interview (P074.02, P074.01)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

• alcoholmisbruik, drugsverslaving (vast te stellen mbv MINI-plus diagnostisch interview)

• pacemaker (ivm vertekening fysiologische metingen) (vast te stellen dmv telefonische screening)

• scores 4DKL: angst =7/<7 en/of distress <10

• Diagnose: OCD, PTSS of alleen een specifieke fobie

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	N.v.t. / één studie arm
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	03-04-2017
Aantal proefpersonen:	62
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort:	Niet van toepassing

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	NL6661
NTR-old	NTR6838
Ander register	NL61366.058.17 : CME LUMC

Resultaten