Prevention of recurrent sickness absence among employees with common mental disorders: A randomised controlled trial with (cost-) effectiveness evaluation.

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Workers who return to work after sickness absence because of a common mental disorder and who undergo the SHARP-at work intervention will have less recurrent sickness absence days compared to workers who receive care as usual.

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

Samenvatting

ID

NL-OMON28427

Bron
Nationaal Trial Register

Verkorte titel
SHARP-at work study

Aandoening

Common mental disorders.

Ondersteuning

Primaire sponsor: University Medical Center Groningen (UMCG)
Department of Health Sciences
Section of Social Medicine
Antonius Deusinglaan 1
9713 AV Groningen
The Netherlands
Overige ondersteuning: Stichting instituut GAK (The Netherlands) Preventive Occupational Health Program

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Recurrent sickness absence days measured by record linkages with the sickness absence registry of the participating Occupational Health Service.

Toelichting onderzoek

Achtergrond van het onderzoek

BACKGROUND:
Common mental disorders, such as depression, anxiety disorder, and adjustment disorder, have emerged as a major public and occupational health problem in many countries. These disorders can have severe consequences such as absenteeism and work disability. A large proportion of employees experiences health and work problems after they have returned to work. For this reason, an intervention will be developed to prevent recurrent sickness absence in employees who have returned to work after a period of sickness absence because of common mental disorders.

OBJECTIVE:
First, to determine the effectiveness of the intervention in preventing recurrent sickness absence in employees who have returned to work after a period of sickness absence because of a common mental disorder. Second, to determine the effectiveness of the intervention in improving mental health and work functioning, and facilitating an adequate coping style. Next to the effect evaluation, the cost-effectiveness and the process of the intervention will be evaluated.

STUDY POPULATION:
Employees aged 18 to 63 years who have returned to work after a period of sickness absence because of a common mental disorder.

STUDY DESIGN:
A cluster randomised controlled trial with randomisation at the level of the occupational physician. Occupational physicians will be randomly assigned to the intervention condition or the control condition. Occupational physicians in the intervention condition will receive a training in the intervention. Occupational physicians in the control condition will deliver care as usual.

INTERVENTION:
Employees in the intervention condition will be guided and supported during their first weeks

after return to work by their occupational physician. This intervention is an extension of the guideline of the Dutch Association for Occupational Physicians on treating sickness absence because of mental health problems. Employees in the control group will receive care as usual.

OUTCOME MEASURES:
Outcome measures are: recurrent sickness absence days, work functioning, psychological complaints, coping, the process of the intervention and direct and indirect costs. Measurements take place at baseline and 3, 6, and 12 months after baseline.

Doel van het onderzoek

Workers who return to work after sickness absence because of a common mental disorder and who undergo the SHARP-at work intervention will have less recurrent sickness absence days compared to workers who receive care as usual.

Onderzoeksopzet

Baseline and 3, 6, and 12 months after baseline measurement.

Onderzoeksproduct en/of interventie

At the level of the occupational physician:

Occupational physicians in the intervention group receive a two-day training in the SHARP-at work intervention to prevent recurrent sickness absence and improve work functioning among employees who have returned to work after a period of sickness absence because of a common mental disorder. Occupational physicians in the control condition receive no training and deliver care as usual according to the guideline of the Dutch Association for Occupational Physicians.

At the level of the employee:

Employees in the intervention condition will be guided and supported during their first eight weeks following return to work by their occupational physician. This intervention is an extension of the guideline of the Dutch Association for Occupational Physicians on treating sickness absence because of mental health problems. The intervention is focused on the prevention of recurrent sickness absence and the improvement of work functioning. Employees in the control group will receive care as usual.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age between 18 and 63 years;

2. Employed in a paid job;

3. Period of sickness absence of at least two weeks due to a common mental disorder diagnosed by the occupational physician;

4. Planned return-to-work (full, partial) within two weeks.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Period of sickness absence because of a common mental disorder in the year prior to the present sickness absence spell;

2. Present sickness absence spell longer than 12 months;

3. Severe mental disorders, like personality disorders, psychotic disorders, bipolar disorder, and PTSD;

4. Alcohol and/or drug abuse;

5. Predominant influence of somatic complaints or disorders on work disability;

6. Pregnancy;

7. Upcoming retirement, resignation, dismissal, or sabbatical;

8. Not able to understand, speak, read, and write the Dutch language.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-11-2009
Aantal proefpersonen:	500
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	25-08-2009
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	NL1851
NTR-old	NTR1963
Ander register	METc UMCG : METc 2009/135
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A