Addition of the SUPPORT Coach in PTSD treatment

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We hypothesize that the usage of the SUPPORT Coach app by patients with PTSD in addition to their traumafocused therapy will lead to a reduction of post-traumatic stress symptoms compared to patients in treatment that do not use the app.

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

Samenvatting

ID

NL-OMON28504

Bron
NTR

Verkorte titel
SUPPORT Coach app for PTSD

Aandoening

Post-Traumatic Stress Disorder (PTSD), Posttraumatic stress symptoms, Trauma related complaints (e.g. anxiety, depression)

Ondersteuning

Primaire sponsor: Academic Medical Center (AMC), Amsterdam
Overige ondersteuning: Stichting tot Steun VCVGZ

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Potential improvement of trauma-focused therapy: Does usage of the SUPPORT Coach app in-

between treatment sessions potentially enhance the efficacy of traditional trauma-focused therapy in terms of PTSD symptom reduction? Measured by the difference in PCL-5 score reduction (continuous) between the intervention- and control condition at the start of therapysession 6 and 13 of the traumafocused psychotherapy.

Toelichting onderzoek

Achtergrond van het onderzoek

Posttraumatic stress disorder (PTSD; life time prevalence in the Netherlands 7.4%) can occur after a traumatic event. Effective psychological treatments are available, but approximately one-third of the treated patients do not benefit sufficiently and residual symptoms are a considerable problem. The need to optimize treatment warrants moving beyond traditional methods. Mobile mental health is a promising development in this regard. In the proposed study, the aim is to investigate the feasibility, acceptability and potential efficacy of the SUPPORT Coach, a smartphone application that helps to understand and cope better with PTSD symptoms, as a tool complementary to traditional trauma-focused therapy

Doel van het onderzoek

We hypothesize that the usage of the SUPPORT Coach app by patients with PTSD in addition to their traumafocused therapy will lead to a reduction of post-traumatic stress symptoms compared to patients in treatment that do not use the app.

Onderzoeksopzet

The primary outcome is assessed at multiple time points:

1. Before treatment (baseline)

2. A measurement at the start of the first 12 treatment sessions

3. Posttreatment at the 13th session

Secondary outcomes are assessed pre- and post-treatment and by means of log files during the intervention period

Onderzoeksproduct en/of interventie

The intervention group receives access to the SUPPORT Coach, a mobile application aiming to help people better understand and self-manage their PTSD symptoms. The SUPPORT Coach includes psychoeducation, a self-test with a monitoring feature, and, most importantly,

various exercises and tools to cope with PTSD symptoms. Examples are deep breathing, progressive muscle relaxation, and positive imagination exercises (www.amc.nl/supportcoach).

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

• Adults, minimum 18 years of age • Referred to a mental health care institute for traumafocused psychotherapy for PTSD following one or more traumatic experiences • Meet the DSM-5 diagnostic criteria for PTSD as confirmed by the CAPS-5 • In possession of a mobile phone working on ANDROID/IOS operating systems • Have sufficient understanding of the Dutch language (speaking, writing, listening)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

• Having current high risk for suicide according to M.I.N.I-C • Having serious psychiatric co-

morbidity, i.e. psychotic illness, bipolar affective disorder, substance-related disorders, severe personality disorder or mental retardation • Not having access to a smartphone with an internet connection

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	15-10-2017
Aantal proefpersonen:	60
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	22-12-2017
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 50227
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL6734
NTR-old	NTR6912
CCMO	NL63180.018.17
OMON	NL-OMON50227

Resultaten