

Efficacy of online cognitive behavioral therapy on symptoms and quality of life with irritable bowel syndrome

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Hypotheses are that the guided online treatment, based on CGT (exposure- en mindfulness exercises) as compared to a waiting list control group will leads to 1) a bigger decrease in IBS-symptoms, 2) a bigger increase in IBS-specific quality of life,...

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

Samenvatting

ID

NL-OMON29140

Bron

NTR

Verkorte titel

TBA

Aandoening

Irritable Bowel Syndrome

Ondersteuning

Primaire sponsor: None

Overige ondersteuning: none

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

IBS-symptoms

The primary outcome of this study is IBS-symptoms, as measured with the Irritable Bowel Severity Scoring System (IBS-SSS), developed by Francis, Morris and Whorwell (1997).

Toelichting onderzoek

Achtergrond van het onderzoek

The Irritable Bowel Syndrome is a chronic gastrointestinal affliction and with a prevalence of 10-20% one of the most diagnosed gastrointestinal conditions (in the general population). Physical as well as psychological factors could be in play in IBS. Besides being a burden for the patient, it could also be a burden for society. Multidisciplinary guidelines for IBS aim to minimize restrictions in daily life as treatment goal. Given that anxiety for symptoms is seen as a maintaining factor in IBS, this is the key feature of the treatment.

The proposed study is a randomized controlled trial (RCT), based on a guided online treatment for IBS which has been previously studied by Ljótsson et al., 2010, namely cognitive behaviour therapy (CBT) including exposure- en mindfulness exercises. Besides a decrease of IBS-symptoms a decrease of restrictions in daily life and anxiety is the treatment goal. Hypotheses are that the guided online treatment, based on CGT (exposure- en mindfulness exercises) as compared to a waiting list control group will leads to 1) a bigger decrease in IBS-symptoms, 2) a bigger increase in IBS-specific quality of life, 3) a bigger decrease in IBS- specific anxiety. Finally, it is expected that IBS- specific anxiety has a mediating effect in the treatment results.

Doel van het onderzoek

Hypotheses are that the guided online treatment, based on CGT (exposure- en mindfulness exercises) as compared to a waiting list control group will leads to 1) a bigger decrease in IBS-symptoms, 2) a bigger increase in IBS-specific quality of life, 3) a bigger decrease in IBS-specific anxiety. Finally, it is expected that IBS- specific anxiety has a mediating effect in the treatment results.

Onderzoeksopzet

3

Onderzoeksproduct en/of interventie

Guided online treatment, based on CGT (exposure- en mindfulness exercises)

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- 18 years and over
- IBS diagnosed by general practitioner or physician, meeting the Rome-IV-criteria
- Having access to internet, a tablet/computer/laptop/telephone
- Proficient in the Dutch language

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Medical intervention for IBS started in the 6 months preceding
- Already, for any reason, in concurrent psychological treatment
- Bowel disease other than IBS

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	08-01-2020
Aantal proefpersonen:	66
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 48448
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register

NTR-new

CCMO

OMON

ID

NL8275

NL68331.078.19

NL-OMON48448

Resultaten