# Movement in Trauma

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| | |
|---|---|
| **Ethische beoordeling** | Niet van toepassing |
| **Status** | Werving nog niet gestart |
| **Type aandoening** | - |
| **Onderzoekstype** | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON29146

**Bron**
Nationaal Trial Register

**Verkorte titel**
MiT

**Aandoening**

(complex) PTSD
Psychomotor therapy
Body-oriented therapy
Stabilisation phase

(complex) PTSS
Psychomotorische therapie
Bewegings- en lichaamsgerichte interventies
Stabilisatiefase

### Ondersteuning

**Primaire sponsor:** Christelijke Hogeschool Windesheim
**Overige ondersteuning:** SIA-RAAK

### Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

Improvement of trauma related symptoms, dissociation and general psychological wellbeing.

# Toelichting onderzoek

### Achtergrond van het onderzoek

Although around 50% of patients with PTSD can be treated effectively, but the treatment of patients with complex (multiple and long term ) trauma is less successful. Verbal interventions not always lead to sufficient insight as this can be blocked by the loss of contact with one’s own body and the lack of recognition and expression of emotions. In many occasions serious psychosomatic complaints remain. To address these problems with recognizing and regulating emotions a body oriented intervention was developed to be offered in the first phase of treatment.
Aim of the study is to gain insight in the results of a new intervention and to compare these with the
results of the treatment for complex PTSD as it is now offered . It is also our goal to gain information on how patient characteristics and differences in the kind of treatment have an effect on the results in regular treatment.
Quasi experimental design encompassing two separate studies A) In the first observational study patients in specialized trauma centers will be followed for 8 months during regular treatment and B) In an intervention study that follows this observational study only patients that participate in a new group intervention offered by psychomotor therapists will be followed. Comparison of the outcomes in both studies will be made.
Outcome measures are trauma related symptoms, dissociation and general psychological wellbeing. To gain insight in how the intervention works also data is gathered on body attitude, body awareness and mastery. Participants in the new module are asked to evaluate the intervention and their therapist.

### Doel van het onderzoek

Patients who practice the psychomotor intervention in the first phase of treatment will make more progress on trauma related symptoms and dissociation. In addition patients will improve on general psychological wellbeing and coping over the long term.

### Onderzoeksopzet

January 1th-May 31th inclusion patients study A
April 1th-July 31th inclusion patients study B

**Onderzoeksproduct en/of interventie**

A body-oriented psychomotor group intervention focused on stabilization that was developed by psychomotor therapists specialized in complex trauma. 12 Weekly sessions are offered in which patients are supported to gain more contact with their body without getting overwhelmed by emotions. The sessions are targeted at gaining more body awareness, trust and control.

# Contactpersonen

## Publiek

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## Wetenschappelijk

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# Deelname eisen

## Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

In both the observational (study A) and the experimental study (study B) patients will be included
1) who start treatment in one of the participating specialized centers for trauma
2) with a diagnosis PTSD (DSM-IV)
3) who are capable of giving informed consent

For the experimental study:
4) who are motivated to participate in a psychomotor group intervention

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Potential participants for both studies will be excluded if:
1) They are younger than 18
2) Have a known IQ lower than 80
3) Actual suicide risk as observed by their therapist/intaker
4) Known to be addicted to alcohol or drugs as reported by therapist/intaker

## Onderzoeksopzet

### Opzet

| | |
|---|---|
| Type: | Interventie onderzoek |
| Onderzoeksmodel: | Factorieel |
| Toewijzing: | Niet-gerandomiseerd |
| Blindering: | Open / niet geblindeerd |
| Controle: | N.v.t. / onbekend |

### Deelname

Nederland

| | |
|---|---|
| Status: | Werving nog niet gestart |
| (Verwachte) startdatum: | 01-01-2015 |
| Aantal proefpersonen: | 110 |
| Type: | Verwachte startdatum |

## Ethische beoordeling

Niet van toepassing

| | |
|---|---|
| Soort: | Niet van toepassing |

# Registraties

## Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 42297
Bron: ToetsingOnline
Titel:

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

| Register | ID |
|---|---|
| NTR-new | NL4855 |
| NTR-old | NTR4971 |
| CCMO | NL51054.042.14 |
| OMON | NL-OMON42297 |

# Resultaten