

# Identifying frequent attenders with anxiety complaints, a pilot study in general practice

Gepubliceerd: 15-11-2016 Laatste bijgewerkt: 18-08-2022

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<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Observationeel onderzoek, zonder invasieve metingen

## Samenvatting

### ID

NL-OMON29560

### Bron

NTR

### Aandoening

anxiety complaints/anxiety disorders  
frequent attenders  
general practice

angstklachten/angststoornis  
frequent huisartsbezoek  
huisartsenpraktijk

### Ondersteuning

**Primaire sponsor:** University Medical Center Groningen, department of General Practice

**Overige ondersteuning:** Healthy Aging Pilots subsidy from the University Medical Center Groningen

### Onderzoeksproduct en/of interventie

# Uitkomstmaten

## Primaire uitkomstmaten

Level of anxiety as measured with the 4DSQ/4DKL (Terluin, 1994; 2014).

## Toelichting onderzoek

### Achtergrond van het onderzoek

Anxiety is a very common problem in the general population. Early treatment of anxiety complaints can be beneficial in the prevention of the development of anxiety disorders. Given the burden for both the individual and society in general early intervention when anxiety complaints arise is welcome.

Particularly in general practice there is a group of patients who frequently visit their GP but do so with a variety of (somatic) complaints which can not be traced back to a specific cause. Research shows that these so called frequent attenders might actually have either anxiety complaints or a anxiety disorder. However, since they do not present themselves with these complaints it is very difficult for the GP to identify them and to offer them the necessary care. More active screening of frequent attenders for anxiety might therefore prove beneficial in the identification of frequent attenders with anxiety complaints.

In the current study we examine various different methods for identifying frequent attenders with anxiety complaints, taking into account that patients with chronic diseases, such as cardio-vascular disease and diabetes, might visit their GP more frequently for a valid reason. Earlier studies have not corrected for this fact.

### Doel van het onderzoek

1. It is common to stratify a dataset on gender and age when identifying frequent attenders within general practice. However, this could lead to an oversampling of patients with chronic diseases, e.g., cardio-vascular disease or diabetes. We therefore propose that datasets should also be stratified on presence of chronic disease before frequent attendance is determined.

2. Stratification based on age, gender and chronic disease will result in

- a) better responserates from patients themselves
- b) better identification of patients with anxiety complaints

### Onderzoeksopzet

one time screening

### **Onderzoeksproduct en/of interventie**

none, in this pilot study we only screen for the presence of problems. In a follow-up study we will offer those screening positive for anxiety complaints a light form of cognitive behavioral therapy, to be specific, problem solving treatment.

## **Contactpersonen**

### **Publiek**

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### **Wetenschappelijk**

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## **Deelname eisen**

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

\* identification as frequent attender

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

\* current situation, e.g, death in the family, severe somatic/psychiatric illness, making it undesirable that the patient is approached for participation in the study, as judged by the treating GP

## Onderzoeksopzet

### Opzet

Type:	Observationeel onderzoek, zonder invasieve metingen
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2016
Aantal proefpersonen:	0
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	15-11-2016
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	NL6024
NTR-old	NTR6155
Ander register	: UMCG research registry: 201600223

## Resultaten