

Online treatment for chronic insomnia

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20772

Source

Nationaal Trial Register

Health condition

insomnia
sleep problems
depression symptoms

Sponsors and support

Primary sponsor: Not applicable

Source(s) of monetary or material Support: Not applicable

Intervention

Outcome measures

Primary outcome

depression symptoms

Secondary outcome

functioning during the day

insomnia severity

perseverative thinking questionnaire (PTQ)

sleep diary

fatigue

Study description

Background summary

The online cbt treatment i-Sleep will be used in a general sample (recruited through the internet) of insomnia patients that also suffer from lowered mood. The hypothesis is that both insomnia symptoms and depression symptoms will be alleviated as a result of the treatment. The control condition will receive the treatment after the waiting period, during which they will keep a daily sleep diary. We will look at potential mediators to see what changes first: does sleep improve before mood, is it the other way around, or do they change at the same time?

Study objective

The online treatment i-Sleep effects not only directly sleep related complaints but also helps alleviate depression symptoms

Study design

pre and post measurements

daily diary

follow up at 3 and 6 months

Intervention

online cbt treatment with guidance aimed at reducing insomnia symptoms

Contacts

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Eligibility criteria

Inclusion criteria

insomnia since 3 months or more

depressed mood complaints

18 years or older

Exclusion criteria

pregnancy or breast feeding

working in (night) shifts

schizophrenia/psychosis

prior treatment for insomnia using cbt

starting psychotherapy in the past 6 months

apnea

suicidality

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	03-10-2016
Enrollment:	100
Type:	Anticipated

Ethics review

Not applicable	
Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register ID

NTR-new NL5877

NTR-old NTR6049

Other Ethics Review Board of the Faculty of Social and Behavioral Sciences, UvA : 2016-CP-7263

Study results

Summary results

In preparation.