Diagnostics and treatment of misophonia in youth

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The two objectives of this study are: 1) validation of two questionnaires, the Misophonia Screening List - Child and Youth and the Amsterdam Misophonia Scale-Youth (AMISOS-Y), in order to screen adequately for misophonia 2) testing the...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Psychiatric disorders NEC
Study type	Interventional

Summary

ID

NL-OMON20775

Source
Nationaal Trial Register

Brief title
Diagnostics and treatment of misophonia in youth

Condition

- Psychiatric disorders NEC

Synonym
Selective sound sensitivity syndrome

Health condition

Misophonia is a recently identified disorder in which individuals experience intense, uncontrollable and disproportional irritation, anger or disgust when confronted with specific sounds or stimuli associated with these sounds.

Research involving
Human

Sponsors and support

Primary sponsor: Amsterdam UMC
Source(s) of monetary or material Support: Fonds Stichting Gezondheidszorg Spaarneland (SGS) - Zilveren Kruis

Intervention

- Other intervention

Explanation

Outcome measures

Primary outcome

Severity of misophonia symptoms (AMISOS-Y)

Secondary outcome

- Misophonia complaints (Misophonia Screening List - Child and Youth) - Psychopathology in the child (attention and concentration problems, anxiety/depression, oppositional behavior, compulsions) - Severity of psychopathology (change over time) - School functioning - Quality of life - Attention problems - Sensory processing - Care related quality of life - Cost of illness - Social validity of treatment - Family accommodation to misophonia - Coercive disruptive behavior child

Study description

Background summary

Internationally, very little research has been conducted into symptoms of misophonia. The disorder misophonia was first described worldwide by Prof. Denys of the Amsterdam UMC. This is special, because it is very rare that a new psychiatric disorder is discovered. Some research has already been carried out in adults, but very little is known about misophonia in children / adolescents. People suffering from misophonia are overcome by uncontrollable, extreme anger, disgust or hatred at hearing normal human sounds (such as chewing, smacking, nose sniffing, or breathing) especially in the home setting. This can also occur when seeing movements that arouse the feelings (e.g. grinding jaw). Epidemiological studies on misophonia in children have not yet been performed. Two studies among young students show that the prevalence of clinically significant misophonia symptoms varies from 6% -20%. Research at the psychiatry outpatient clinic of the Amsterdam UMC, location AMC, in nearly 600 adult patients with misophonia, has shown that the average age of onset is around 13 years, so the complaints develop at a young age. Children are regularly referred to de

Bascule/Levvel from the age of 8, whilst they have been suffering already for several years. Although many adults and children can experience these misophonia symptoms in a mild form, for some they mean tremendous suffering. The strong emotions and negative thoughts must always be suppressed, which is very tiring. Misophonia can have a serious disruptive impact on children's lives, at home, at school and within the family. For example, children can no longer eat, sleep, drive a car (e.g. while on vacation) or lead a normal family life with the family. There is a lot of avoidance and anticipation of fear of situations with the sounds. Thusfar, Dutch questionnaires for the screening and diagnostics of misophonia in children and adolescents have not been validated yet. Furthermore, there is no evidence-based treatment protocol.

Study objective

The two objectives of this study are:

1) validation of two questionnaires, the Misophonia Screening List - Child and Youth and the Amsterdam Misophonia Scale-Youth (AMISOS-Y), in order to screen adequately for misophonia

2) testing the effectiveness of an innovative treatment protocol for misophonia in children and adolescents

Study design

3 time points:

- T1 Baseline measurement (start)

- T2 3 months after T1

- T3 6 months after T1

Intervention

Group treatment, consisting of a combination of CBT and PMT

Contacts

Public
Amsterdam UMC, Levvel
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020-8901757
Scientific

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Eligibility criteria

Age
Children (2-11 years)
Children (2-11 years)
Adolescents (12-15 years)
Adolescents (12-15 years)
Adolescents (16-17 years)
Adolescents (16-17 years)

Inclusion criteria

Patients between the ages of 8 and 18 years old who are referred to the Amsterdam UMC/Levvel for the diagnosis and treatment of misophonia, who are in need of treatment according to the clinician, parents, and/or themselves, and who do not have comorbid symptoms or diagnoses that might hinder treatment protocol adherence, are eligible for participation in the study. Children above the age of 12 and their parents need to provide informed consent.

Exclusion criteria

Ineligible are children who:

- have another primary diagnosis than misophonia (e.g. ADHD)

- have psychiatric comorbid symptoms or diagnoses that hinder group functioning (e.g. severe autism)

- have psychiatric comorbid symptoms or diagnoses requiring adjustment of the misophonia treatment protocol (e.g. severe autism)

- have received cognitive behavioral therapy for misophonia in the past year

- display self-injurious behavior (i.e. auto-mutilation) at present or in the past year

- have an estimated IQ below 85

- are unable to read or write Dutch

- have serious family problems (e.g. divorcing parents) that hinder group functioning or would require adjustment of the misophonia treatment protocol

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	03-08-2021
Enrollment:	98
Type:	Actual

IPD sharing statement

Plan to share IPD: Undecided

Plan description
N/A

Ethics review

Approved WMO

Date:	09-06-2021

Application type:	First submission
Review commission:	MEC Academisch Medisch Centrum (Amsterdam) Kamer G4-214 Postbus 22660 1100 DD Amsterdam 020 566 7389 mecamc@amsterdamumc.nl

Study registrations

Followed up by the following (possibly more current) registration

ID: 52247
Bron: ToetsingOnline
Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL9724
CCMO	NL76129.018.21
OMON	NL-OMON52247

Study results

Summary results
N/A