Movement in Trauma

No registrations found.

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

Summary

ID

NL-OMON29146

Source
Nationaal Trial Register

Brief title
MiT

Health condition

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

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

Sponsors and support

Primary sponsor: Christelijke Hogeschool Windesheim
Source(s) of monetary or material Support: SIA-RAAK

Intervention

Outcome measures

Primary outcome

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

Secondary outcome

To gain insight in how the intervention works data is also gathered on body attitude, body awareness and mastery.

Study description

Background summary

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.

Study objective

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.

Study design

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

Intervention

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.

Contacts

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Eligibility criteria

Inclusion criteria

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

Exclusion criteria

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

Study design

Design

Study type:	Interventional
Intervention model:	Factorial
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-01-2015
Enrollment:	110
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

Study registrations

Followed up by the following (possibly more current) registration

ID: 42297
Bron: ToetsingOnline
Titel:

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

No registrations found.

In other registers

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

Study results