

The effectiveness of the Internet 'Self-Examination Therapy (SET)' on anxiety, depression and burn-out: a randomised trial.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON29525

Source

Nationaal Trial Register

Brief title

SET (Self Examination Therapy)

Health condition

Depression, anxiety disorders, burn-out (mild to moderate complaints).

Sponsors and support

Primary sponsor: VU, Department of Clinical Psychology

Source(s) of monetary or material Support: VU, Department of Clinical Psychology

Intervention

Outcome measures

Primary outcome

Reduction of complaints (depression, anxiety, burn-out). This will be measured at the end of

the intervention.

Secondary outcome

Quality of life as measured at the end of the intervention. Furthermore, 3 months post intervention a follow-up will take place to test the hypotheses that the reduction in complaints are maintained.

Study description

Background summary

In this trial the effectiveness of the Internet 'Self-help course' for depression, anxiety and burn-out will be tested.

Study objective

The Internet 'Self-Examination Therapy' (SET) on anxiety, depression and burn-out will be effective in reduction of complaints (depression, anxiety, burn-out).

Study design

N/A

Intervention

Originally SET was developed as a self-help book which effectiveness has been demonstrated. We developed a Dutch version of SET which can be administered through the Internet. The course takes 4 weeks and about half an hour each day. E-mail contact takes place to assist the participants in accomplishing the course. It is a generic method and it encourages the participants to:

- a. determine what matters to them;
- b. think less negatively about things that do not matter to them;
- c. invest their energy in things that are important to them;
- d. accept situations they cannot change.

The intervention will be compared to a waiting list control group.

Contacts

Public

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Scientific

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Eligibility criteria

Inclusion criteria

18 years or older.

Exclusion criteria

N/A

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Control: N/A , unknown

Recruitment

NL
Recruitment status: Recruitment stopped
Start date (anticipated): 26-11-2005
Enrollment: 200
Type: Actual

Ethics review

Positive opinion
Date: 21-11-2005
Application type: First submission

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	NL465
NTR-old	NTR506
Other	: N/A
ISRCTN	ISRCTN14881571

Study results

Summary results

J Med Internet Res. 2008 Mar 25;10(1):e7.