

# Wellbeingtherapy as a part of rehabilitation in psychotraumatreatment;A radomized controlled study of the positive effects from wellbeingtherapy during the phase of rehabilitation in psychotraumatreatment with adults

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The objective of the study is to report about the effect on psychological wellbeing, post traumatic growth and relapse in PTSD symptoms by treating patients with WBT in comparisson with TAU during the rehabilitation in psychotraumatreatment.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON40408

### Source

ToetsingOnline

### Brief title

Wellbeingtherapy and PTSD

### Condition

- Other condition
- Anxiety disorders and symptoms
- Lifestyle issues

**Synonym**

post traumatic stress disorder, PTSD

**Health condition**

PTSS in DSM V niet meer onder angststoornis

**Research involving**

Human

**Sponsors and support**

**Primary sponsor:** Mediant (Enschede)

**Source(s) of monetary or material Support:** Mediant zelf

**Intervention**

**Keyword:** PTSD, rehabilitation, wellbeing therapy

**Outcome measures****Primary outcome**

The intervention is focused on increasing the psychological wellbeing, social and emotional wellbeing on the MHC-SF

**Secondary outcome**

Secondary study outcome is posttraumatic stress complaints, posttraumatic growth, selfcompassion, therapy use, workproductivity

**Study description****Background summary**

Evidence-based treatments for posttraumatic stress disorders (PTSD) are available and have been widely implemented. However, there is considerable risk for relapse and until date no effective relapse prevention programs have been developed. A promising approach is to focus on positive mental health or well-being in the rehabilitation phase (after treatment of the PTSD). For several common mental disorders it has been shown that well-being therapy reduces the risk for relapse, has a positive impact on well-being and

resilience and further reduces symptomatology. In the research project we want to study the effects of an adapted well-being therapy as rehabilitation for people who have been treated for PTSD.

### **Study objective**

The objective of the study is to report about the effect on psychological wellbeing, post traumatic growth and relapse in PTSD symptoms by treating patients with WBT in comparison with TAU during the rehabilitation in psychotraumatreatment.

### **Study design**

Randomized Controlled Trial with two conditions WBT and TAU.

### **Intervention**

Wellbeingtherapy with sustains 6 face to face session. The duration of the sessions is one hour on a frequency of every one or two weeks. The patients also have homework in between the different sessions.

### **Study burden and risks**

There will be four measurements with eleven questionnaires.

## **Contacts**

### **Public**

Mediant (Enschede)

Raiffeisenstraat 44  
Enschede 7545 AM  
NL

### **Scientific**

Mediant (Enschede)

Raiffeisenstraat 44  
Enschede 7545 AM  
NL

## **Trial sites**

## Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

-adults who had effective treatment for PTSD

### Exclusion criteria

-psychotic disorders

-stil having a diagnosis for PTSD on M.I.N.I. Plus

-treatment necessary for other specifiek psychiatric disorder in a different center

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-04-2014
Enrollment:	124

Type:

Actual

## Ethics review

Approved WMO

Date: 11-03-2014

Application type: First submission

Review commission: METC Twente (Enschede)

## 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**

CCMO

NL46248.044.13