

# Evaluation of a group training for adolescents (Emotion Regulation Training) with emotion regulation problems.

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Adolescents with emotion regulation problems who followed the Emotion Regulation Training will show improvement on the following items: 1. Symptoms of emotional dysregulation; 2. Positive and negative coping behaviour; 3. Stress symptoms in the...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestopt
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON23908

### Bron

Nationaal Trial Register

### Verkorte titel

Borderline Personality Disorder, Adolescents, Therapy, Randomised Controlled Trial

### Aandoening

Active condition: Emotion Regulation Training + care as usual;

Waitlist control condition: care as usual only.

### Ondersteuning

**Primaire sponsor:** University Medical Centre Groningen (UMCG - MTA bureau);  
Accare, University Centre for Child and Adolescent Psychiatry Groningen

### Onderzoeksproduct en/of interventie

## **Uitkomstmaten**

### **Primaire uitkomstmaten**

1. Borderline Personality Disorder Severity Index (BPDSI and BPDSI - parent version): <br> a semi-structured interview based on the DSM-IV classification of psychopathology. Trained psychologists will conduct this semi-structured interview;<br>
2. VERS-scale: to measure negative as well as positive behaviour in a certain period. This questionnaire is to be completed by the adolescent as well as the parents.

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

Emotional dysregulation is the main symptom of borderline personality disorder (BPD). BPD is an invalidating disorder with much impact on the patient's functioning. Self-injury and suicide attempts frequently occur.

These patients pose an enormous demand on public health care, with frequent interventions and many crises. BPD is rarely diagnosed before the age of 18.

Nevertheless, symptoms of BPD are often seen at a younger age and lead to significant distress in the adolescent and his or her family.

Treatment at an early stage may prevent the development of a full-blown personality disorder in adulthood as well as the negative consequences related to BPD.

Although there are different ways of treating adults with BPD, no effective treatment program for adolescents is available in the Netherlands.

At the outpatient clinic of Accare we developed a course for adolescents that was based on a course for adults (developed by Bartels, Crottie and Blum). Adolescents learn to handle emotional dysregulation.

This study is a pilot study in the North of the Netherlands.

48 Adolescents will be included and randomised into two conditions, namely: 1. 17-week course + care as usual or 2. waitlist with care as usual. Assessments take place before and after the course and at a half year follow-up.

### **Doel van het onderzoek**

Adolescents with emotion regulation problems who followed the Emotion Regulation Training will show improvement on the following items:

1. Symptoms of emotional dysregulation;
2. Positive and negative coping behaviour;

3. Stress symptoms in the adolescent;
4. Stress symptoms in the parents (or care-takers);
5. Consumption of public health services compared to a waitlist control group.

### **Onderzoeksopzet**

N/A

### **Onderzoeksproduct en/of interventie**

The Emotion Regulation Training (ERT) is a skills-training (17 weekly sessions of 1,75 hours as well as one session for significant others) based on psycho-education, cognitive behavioural principles, and exercises for relaxation.

Care as usual generally includes individual sessions with the adolescent and medication checks, sometimes combined with family sessions, crisis intervention or parent training.

## **Contactpersonen**

### **Publiek**

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### **Wetenschappelijk**

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## **Deelname eisen**

## Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age 14-18 years;
2. Emotion regulation problems;
3. Some self-awareness;
4. Sufficient internal motivation;
5. Willing to share his or her experiences in a group;
6. Environment is rather stable;
7. Capable to join a group-session without aggressive behaviour;
8. No substance abuse and self-mutilating behaviour during the session.

## Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

If the adolescent does not meet the inclusion criteria.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Actieve controle groep

### Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-06-2005

Aantal proefpersonen: 48  
Type: Werkelijke startdatum

## Ethische beoordeling

Positief advies  
Datum: 12-09-2005  
Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL318
NTR-old	NTR356
Ander register	: 1558
ISRCTN	ISRCTN24979756

## Resultaten

### Samenvatting resultaten

Clin Psychol Psychother. 2009 Nov;16(6):467-78.