

Cognitive behavioral therapy given by primary health care workers (PMHCW) with patients with a sleepingdisorder.

Gepubliceerd: 19-09-2009 Laatste bijgewerkt: 18-08-2022

Short-term cognitive behavioral therapy (CBT) given by primary health care workers with patients with chronic benzodiazepine use and new patients in the family practice with sleepinsdisorder, hypothesised that CBT results in reduction of...

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON23944

Bron

Nationaal Trial Register

Aandoening

sleepingdisorder, slaapstoornissen

Ondersteuning

Primaire sponsor: Radboud University

Scientific Institute for Quality of Healthcare (IQ healthcare)

Postbus 9101, huispost 114

6500 HB Nijmegen

The Netherlands

Overige ondersteuning: Stichting Robuust. Ondersteuning eerstelijns gezondheidszorg Zuid-Nederland.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Benzodiazepine prescription.

Toelichting onderzoek

Achtergrond van het onderzoek

Background:

Cognitive behavioral therapy shows to be an effective way to treat patients with sleepingdisorder. In this study primairy health care workers are trained to use CBT with patients with sleepingdisorder.

Objective:

Reduction of benzodiazepine prescription and improved sleeping behavior.

Methods:

Extraction from Electronic Medical System (HIS) and questionnaires (before and after CBT).

Intervention:

Patients with sleeping disorders (new episode or chronic benzodiazepine use) are invited to make use of CBT by primary health care worker. CBT include 6 sessions and the use of a sleepdairy.

Results: not yet available.

Recruitment: the Netherlands.

Doel van het onderzoek

Short-term cognitive behavioral therapy (CBT) given by primary health care workers with patients with chronic benzodiazepine use and new patients in the family practice with sleepinsdisorder, hypothesised that CBT results in reduction of benzodiazepine prescription and improved sleeping behavior.

Onderzoeksopzet

Benzodiazepine prescription:

Extraction from Electronic Medical System (HIS). Two times with a 6 months interval (sept. 2009 and march 2010).

Outcomes related to the sleepingdisorder:

Questionnaires two times with a 3 months interval for each patient (before and after CBT).

Onderzoeksproduct en/of interventie

Patients with sleeping disorders (new episode or chronic benzodiazepine use) are invited to make use of CBT by primary health care worker. CBT includes 6 sessions and the use of a sleepdairy. The controle group receive usual care.

Contactpersonen

Publiek

IQ healthcare
Postbus 9101, huispost 114
G. Ven, van de
IQ healthcare
Postbus 9101, huispost 114
Nijmegen 6500 HB
The Netherlands
+31 (0)243616796

Wetenschappelijk

IQ healthcare
Postbus 9101, huispost 114
G. Ven, van de
IQ healthcare
Postbus 9101, huispost 114
Nijmegen 6500 HB
The Netherlands
+31 (0)243616796

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Patients with chronic benzodiazepine use;
2. New patients who come to the general practitioner with sleepingdisorder.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Current psychiatric treatment;
2. Drug or alcohol dependency treatment;
3. Psychosis in medical history;
4. Epilepsy;
5. Terminal disease;
6. Do not speak the Dutch language;
7. Other criteria each individual general practitioner use .

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	25-09-2009
Aantal proefpersonen:	160
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	19-09-2009
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	NL1903
NTR-old	NTR2019
Ander register	METC Radboud University : 2009/089
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A