The effect of EMDR on abdominal pain in patients with IBS

Gepubliceerd: 28-08-2020 Laatst bijgewerkt: 15-05-2024

Abdominal pain in patients in the intervention group (EMDR) will be reduced more than patients in the control group.

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

Samenvatting

ID

NL-OMON24398

Bron
Nationaal Trial Register

Verkorte titel
EMDR4IBS

Aandoening

Irritable Bowel Syndrome

Ondersteuning

Primaire sponsor: none
Overige ondersteuning: The trial is done as part of the curriculum for trainees to become a 'Psychologist Specialist' (opleiding Klinisch Psycholoog, RINO Groep Utrecht).
A research grant (5000 euros) has been awarded by the Vereniging EMDR Nederland (VEN).
Another research grant will be applied for at the sience-desk at the Diakonessenhuis Utrecht.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Pain score 0-10 reported by subject; reported daily during 2 weeks, three times: directly after inclusion (T1), 6 weeks after that (T2, after treatment period for the treatment group) and 10 weeks after that (T3,follow up). In total 42 reported scores.

Toelichting onderzoek

Achtergrond van het onderzoek

Many patients with Irritable Bowel Syndrome (IBS) suffer from severe and frequent abdominal pain. Eye Movement Desensitization and Reprocessing (EMDR) is an evidence based, standard treatment for PTSD and for psychopathology in which unresolved unpleasant experiences play a role in the development and / or maintenance of complaints. In recent years, increasing scientific evidence has been found that EMDR as a treatment can also be effective for chronic pain. To date, no scientific research has been conducted to investigate the effect of EMDR on abdominal pain (in IBS). Results with individual patients in clinical practice are promising.
It is hypothesized that EMDR treatment will reduce abdominal pain in patients with Irritable Bowel Syndrome (IBS). In addition, the effect of EMDR treatment on IBS complaints other than pain is examined, as well as the effect of EMDR treatment on the quality of life of patients with IBS.

It is a randomized clinical trial, in which the control group is 'wait list' (e.g. receives treatment after their participation in the trial has finished).

Doel van het onderzoek

Abdominal pain in patients in the intervention group (EMDR) will be reduced more than patients in the control group.

Onderzoeksopzet

as described above (see: 'primary outcome' and 'secondary outcome')

Onderzoeksproduct en/of interventie

Intake and 6 weekly sessions of 90 minutes of EMDR standard protocol

Contactpersonen

Publiek

Diakonessenhuis
Baukje Wertheim

088-2509404

Wetenschappelijk

Diakonessenhuis
Baukje Wertheim

088-2509404

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Adult
Meets ROME IV criteria for IBS
Pain intensity score on IBS-SSS at least 60
Reports on IBS-SSS a frequency of pain at least 5 out of 10 days

(IBS-SSS= Irritable Bowel Syndrome- Severity Scoring System)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Other somatic conditions associated with abdominal pain such as ulcerative colitis and Crohn's disease.
Other pain symptoms that are more prominent than abdominal pain.
Insufficient command of the Dutch language to complete questionnaires (or other circumstances that seriously hinder communication).
Age under 18 or above 65
Psychiatric problems that require immediate treatment (such as psychosis, depression, suicidality)
Ongoing psychotrauma treatment.
Substance abuse
Pregnancy (to prevent confusion about the cause of abdominal sensations).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	Gerandomiseerd

Controle: N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	28-08-2020
Aantal proefpersonen:	34
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies

Datum:	28-08-2020
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 49387
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8894
CCMO	NL71740.100.20
OMON	NL-OMON49387

Resultaten