EMDR as an innovative strategy in the treatment of OCD

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The aim of this study is to critically examine the effect of EMDR added to ERP on treatment acceptability and outcome in patients with OCD.

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

Samenvatting

ID

NL-OMON29117

Bron
NTR

Verkorte titel
EMDRERP

Aandoening

Obsessive Compulsive disorders (OCD)

Ondersteuning

Primaire sponsor: Department of Clinical Psychology, Utrecht University, The Netherlands
Overige ondersteuning: The EMDR Research Foundation

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

YBOCS (every week from baseline to return-to-baseline; also at 6 months FU)

Toelichting onderzoek

Achtergrond van het onderzoek

Background and Objectives: A widely accepted first-line treatment for obsessive-compulsive disorder (OCD) is exposure and response prevention (ERP). However, approximately half of the patients do not respond optimally to this treatment, and about 25% of OCD patients refuse the treatment or drop-out prematurely. Hence, the development of innovative strategies for OCD is of paramount importance. Recent studies suggest that overall treatment resistance is likely associated with the intrusive images (e.g., causing illness and death) that 90% of the OCD patients experience. Eye Movement Desensitization and Reprocessing (EMDR) has established efficacy in reducing the impact of traumatic images in various disorders. Therefore, the aim is to critically evaluate the additive effect of EMDR to ERP on treatment acceptability, drop-out, and outcome.

Doel van het onderzoek

The aim of this study is to critically examine the effect of EMDR added to ERP on treatment acceptability and outcome in patients with OCD.

Onderzoeksopzet

Using a multiple baseline single case series design 10 OCD patients first enter a baseline phase of 3 to 7 weeks (no-treatment control condition), followed by a 4 weeks exploration phase (attention control condition). Hereafter patients start the active treatment phase (6 sessions EMDR + 15 sessions ERP; treatment condition), followed by a 6 weeks return-to-baseline phase (no-treatment control condition). OCD severity is weekly assessed using the YBOCS (primary outcome measure) from start baseline to end of return-to-baseline phase, and at 6 months FU. Secondary outcome measures (SCID-I, OCI-R, OQ-44, BDI-II, WHOQOL-BREF) are completed at start baseline, after treatment, and after 6 months FU. Also two VASs on a) willingness to fully engage in ERP, and b) inclination to drop out during ERP are administered after the exploration phase (in which ERP is explained), and after EMDR. Finally, actual drop-out is monitored.

Onderzoeksproduct en/of interventie

There are weekly sessions. In the exploration phase 4 sessions of 45 minutes each are held for case conceptualisation and psycho-education. This is followed by the active treatment phase with a total of 21 sessions of 90 minutes each: 4 sessions exploration; 6 sessions (90 min.) EMDR; 15 sessions (90 min) Exposure and Respons Prevention (ERP)

Contactpersonen

Publiek

Wetenschappelijk

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Patients are eligible when: a) they meet sufficient criteria for OCD, as established with the Structured Clinical Interview for DSM-IV disorders, and b) their total score on the YBOCS is over 15 (moderate to severe OCD symptoms).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Patients are excluded when: a) they already received ERP or EMDR less than 1 year ago, or b) they suffer from psychotic disorders, substance abuse/addiction, or a severe depression (score on Beck Depression Inventory-II >30), or c) insufficient knowledge of the Dutch language, or d) mental retardation (IQ<80). The use of anti-depressants is permitted, provided that dosages are kept constant during the study, and usage has started at least 3 months before entering the trial.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	Niet-gerandomiseerd

Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-12-2017
Aantal proefpersonen:	10
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	14-11-2018
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	NL7426
NTR-old	NTR7668
Ander register	: 17/562

Resultaten

Samenvatting resultaten

Rijkeboer, M., Broeke, E., ten, Koekebakker, J. (2017). EMDR in de behandeling van de obsessieve-compulsieve stoornis:
Back to the future. In: HJ Oppenheim, H. Hornsveld, E. ten Broeke & A. de Jongh, Praktijkboek EMDR, Deel II. Pearson: Amsterdam