

# The impact of systemic family therapy as an element of treatment for families following trauma

<b>Submission date</b> 14/05/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 09/06/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/06/2017	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

EAT/3196/05

## Study information

**Scientific Title**

The impact of systemic family therapy as an element of treatment for families following trauma

**Study objectives**

A combination of systemic family therapy and trauma-focused cognitive behavioural therapy (CBT) will improve outcomes compared to trauma-focused CBT alone for families referred to a clinical service following trauma.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Office for Research Ethics Committees Northern Ireland (ORECNI), 25/10/2006, ref: 06/nir02/106

**Study design**

Randomised single-blind trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Trauma

**Interventions**

The families are randomly allocated to either of the following arms:

Arm 1: CBT and systemic family therapy

Arm 2: CBT only

The therapies are manualised and conducted by highly experienced mental health professionals including clinical psychologists, family therapists and CBT therapists. There are CBT and systemic consultants to the trial who review session checklists to ensure treatment fidelity. The family are invited to bring all who they deem relevant to the family therapy sessions. Family sessions last up to 90 mins and occur on a three weekly cycle. Individual therapy lasts for up to 60 mins and occurs on a 2 - 3 week cycle. The total number of therapy sessions per participant is not fixed, and some sessions may be missed for other family priorities. The number of sessions attended is recorded for each participant and therefore the dose effect for individuals and families can be included in the analysis.

**Intervention Type**

Behavioural

**Primary outcome(s)**

McMaster family assessment device. This tool has seven subscales as follows: problem solving, communication, roles, affective responses, affective involvement, behavioural control and general functioning. This assessment will be carried out at baseline and 6 months.

**Key secondary outcome(s)**

The following assessments will be carried out at baseline and 6 months:

1. Hospital anxiety and depression scale
2. Antonovsky's sense of coherence scale
3. Rosenberg self esteem scale

**Completion date**

31/08/2008

## **Eligibility**

**Key inclusion criteria**

1. Those who live in the study area at time of referral
2. One or more members of the family have suffered a traumatic event that is the primary reason for referral to the family trauma centre
3. Both males and females are eligible to participate. Measures are completed by those aged 13 and older who attend the initial assessment session.

Family will be offered an initial assessment interview at the family trauma centre between February 2007 and August 2008.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Other

**Sex**

All

**Key exclusion criteria**

1. Not a trauma Case
2. Child sexual abuse case
3. Interpreter needed to facilitate therapy
4. Ongoing individual therapy with another service
5. New episode of treatment in an ongoing case
6. Very urgent response needed

**Date of first enrolment**

15/02/2007

**Date of final enrolment**

31/08/2008

## **Locations**

**Countries of recruitment**

United Kingdom

Northern Ireland

**Study participating centre**  
**Institute of Child Care Research (ICCR)**  
Belfast  
United Kingdom  
BT7 1LP

## Sponsor information

**Organisation**  
Belfast Health and Social Care Trust (UK)

**ROR**  
<https://ror.org/02tdmfk69>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Department of Health, Social Services and Public Safety for Northern Ireland (UK) (ref: EAT/3196/05)

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**  
Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes