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Effects of a multidisciplinary stress treatment programme

Submission date	Recruitment status	[ ] Prospectively registered
09/02/2010	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
19/02/2010	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
09/08/2013	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
2002-1-46

Study information

Scientific Title
Effects of a multidisciplinary stress treatment programme: a non-randomised controlled study from a stress clinic

Study objectives
Stress treatment programme accelerate return to work

Ethics approval required
Old ethics approval format

Ethics approval(s)
Assessed by the regional Committee System on Biomedical Research Ethics in 2002. Judged as a quality development project and therefore not requiring committee approval based on the "Guidelines about Notification of a Biomedical Research Project" (ref: 2002-1-46).

Study design
Non-randomised follow-up study of two treatment groups

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Adjustment disorders

Interventions
The stress treatment programme consisted of the following:
1. Identification of relevant stressors
2. Changing the coping strategies of the participants
3. Decreasing the workload and tasks
4. Relaxation techniques
5. Physical exercise
6. Psychiatric evaluation if there were a high score on the depression test
On average each patient attended six one-hour sessions during four months.

A group of 34 employees referred to the Clinic of Occupational Medicine by their GPs served as a control group. They had a one-hour consultation at baseline and after four months. All sessions were carried out by a specialist in occupational medicine.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Return to work rate
Absenteeism was registered at baseline, 4 months after and after one and two years simply by postal questionnaire. Non-responders were followed up by telephone.

Key secondary outcome(s))
Symptom score
SF-36 and Major Depression Inventory (MDI) questionnaires regarding stress symptoms were filled out at baseline, after four months and after one and two years.

Completion date
01/10/2004

Eligibility

Key inclusion criteria
1. Stress symptoms for more than a few weeks
2. Adults, male or female

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
Major somatic or psychiatric disease

Date of first enrolment
01/10/2002

Date of final enrolment
01/10/2004

Locations

Countries of recruitment
Denmark

Study participating centre
Hillerød Hospital
Hillerød
Denmark
3400

Sponsor information

Organisation
Hillerød Hospital (Denmark)

Funder(s)

Funder type
Other

Funder Name
Treatment funded by the employer or insurrance company of each participant

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?
Results article	results	01/11/2010		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes