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Effects of a multidisciplinary stress treatment programme

Submission date 09/02/2010	**Recruitment status** No longer recruiting
Registration date 19/02/2010	**Overall study status** Completed
Last Edited 09/08/2013	**Condition category** Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design
Non randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use contact details below to request a patient information sheet (in Danish).

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 measure
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.

Secondary outcome measures
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.

Overall study start date
01/10/2002

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

Age group
Adult

Sex
Both

Target number of participants
100 (97 final recruitment)

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)

Sponsor details
Hillerød Hospital
Helsevej 2
DK 3400 Hillerød
Hillerød
Denmark
3400

Sponsor type
Hospital/treatment centre

Funder(s)

Funder type
Other

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

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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