

Effects of a multidisciplinary stress treatment programme

Submission date 09/02/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 19/02/2010	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 09/08/2013	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Bo Netterstrøm

Contact details
Hillerød Hospital
Helsevej 2
Hillerød
Denmark
3400

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 insurance 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