

# An inday schematherapy for patients with personality problems

<b>Submission date</b> 08/03/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 03/05/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 01/05/2018	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Patients with long-lasting psychological problems quite often have pitfalls/ life traps which they find hard to change and which interfere with their daily functioning. For example patients have the idea that they are worthless and avoid certain tasks or people as they have the idea that they will fail or that people are not interested in them. Schematherapy is a psychotherapy which helps people break through these negative life patterns and enables them to respond in a more healthy way. This study looked into patient files to explore whether patients who followed an intensive schematherapy programme experienced a reduction in their pitfalls and psychological problems.

### Who can participate?

Adult patients with personality problems and/ or long-lasting Axis-I disorders, who have followed an inday schematherapy program at the mental health care hospital GGZ Delfland in Delft in the period of 2006-2008

### What does the study involve?

Patients' files are studied to find out to what extent patients who had followed this program had a reduced psychological symptom level at the end of the 9-month treatment program.

### What are the possible benefits and risks of participating?

Since only patient files were studied and no additional interventions were done, there were no additional benefits or risks for patients.

### Where is the study run from?

GGZ Delfland (Netherlands)

### When is the study starting and how long is it expected to run for?

July 2006 to July 2008

### Who is funding the study?

GGZ Delfland (Netherlands)

Who is the main contact?

J. Broersen

## Contact information

### Type(s)

Public

### Contact name

Miss J. Broersen

### Contact details

Keizersgracht 188-G

Amsterdam

Netherlands

1016 DW

## Additional identifiers

### Protocol serial number

indayST

## Study information

### Scientific Title

An open label trial of an inday schematherapy for patients with personality problems

### Study objectives

Patients in treatment of the inday schematherapy will show improvements on psychological symptoms and maladaptive schemas and modes.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Since this study involved going through patients files of patients who have been treated with an inday schematherapy and patients did not have to do anything extra for this study under the Dutch law no ethical approval from an ethical committee has to be asked for

### Study design

Observational longitudinal case-control study

### Primary study design

Observational

### Study type(s)

Treatment

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

## Personality problems

### Interventions

In this study the patient files were studied of 38 adult male/female patients with personality problems and/or long-lasting Axis-I disorders, who have followed an inday schematherapy program at the mental health care hospital GGZ Delfland in Delft in the period of 2006-2008. It was looked for to what extent patients who had followed this program had a reduced psychological symptom level at the end of this treatment program which had a duration of 9 months.

### Intervention Type

Behavioural

### Primary outcome(s)

Severity of psychological problems, measured using Brief Symptom inventory (BSI) before the start of the inday treatment, after 3 months during treatment and 7 months after the second measurement

### Key secondary outcome(s)

Measured before the start of the inday treatment, after 3 months during treatment and 7 months after the second measurement:

1. Severity of personality problems, measured using the Personality Disorder Questionnaire (PDQ)
2. Young Schema Questionnaire (YSQ) measures 16 schemas as defined by Jeffrey Young
3. Schema Mode Inventory (SMI) measures 14 modes as defined by Jeffrey Young

### Completion date

31/07/2008

## Eligibility

### Key inclusion criteria

1. Personality problems or long-lasting Axis-I disorders
2. Being able to speak and read the Dutch language
3. Willing to participate in a group psychotherapy

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Sex

All

### Key exclusion criteria

Having schizophrenia or being in such a crisis that submission to a psychiatric hospital was the first choice of intervention

**Date of first enrolment**

03/07/2006

**Date of final enrolment**

01/10/2007

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

GGZ Delfland

2612 GA

## **Sponsor information**

**Organisation**

GGZ Delfland

**ROR**

<https://ror.org/04c0z9s56>

## **Funder(s)**

**Funder type**

Hospital/treatment centre

**Funder Name**

GGZ Delfland

## **Results and Publications**

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

The datasets generated during and/or analysed during the current study are/will be available upon request from J. Broersen. For privacy reasons only the outcomes of the questionnaires

(BSI, PDQ, YSQ, SMI) will be shared and no other information. It will only be shared with researchers with a PhD and only after they have clearly and plainly stated for what reasons they want to have access to the data, how they will use the data and only when they state that they inform the contact person at any time about the process of the use of the data and allow the contact person to block further use of the data in any form at any time.

## IPD sharing plan summary

Available on request

## 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