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An inday schematherapy for patients with personality problems

Submission date 08/03/2018	**Recruitment status** No longer recruiting	[ ] Prospectively registered
		[ ] Protocol
Registration date 03/05/2018	**Overall study status** Completed	[ ] Statistical analysis plan
		[ ] Results
Last Edited 01/05/2018	**Condition category** Mental and Behavioural Disorders	[ ] Individual participant data
		[ ] 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
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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