The effectiveness of the Internet 'Self-Examination Therapy (SET)' on anxiety, depression and burn-out: a randomised trial

Submission date	Recruitment status No longer recruiting	Prospectively registered		
09/01/2006		☐ Protocol		
Registration date 09/01/2006	Overall study status Completed	Statistical analysis plan		
		[X] Results		
Last Edited 23/10/2020	Condition category Mental and Behavioural Disorders	Individual participant data		
Z3/10/Z0Z0	Mental and Benavioural Disorders			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number NTR506

Study information

Scientific Title

The effectiveness of the Internet 'Self-Examination Therapy (SET)' on anxiety, depression and burn-out: a randomised trial

Acronym

SET (Self Examination Therapy)

Study objectives

The Internet 'Self-Examination Therapy' (SET) on anxiety, depression and burn-out will be effective in reduction of complaints (depression, anxiety, burn-out).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Received from the local medical ethics committee.

Study design

Randomised controlled crossover trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Depression, anxiety disorders, burnout

Interventions

Originally SET was developed as a self-help book which effectiveness has been demonstrated. We developed a Dutch version of SET which can be administered through the Internet. The course takes 4 weeks and about half an hour each day. E-mail contact takes place to assist the participants in accomplishing the course. It is a generic method and it encourages the participants to:

- 1. Determine what matters to them
- 2. Think less negatively about things that do not matter to them
- 3. Invest their energy in things that are important to them
- 4. Accept situations they cannot change

The intervention will be compared to a waiting list control group.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Reduction of complaints (depression, anxiety, burn-out). This will be measured at the end of the intervention.

Key secondary outcome(s))

Quality of life as measured at the end of the intervention. Furthermore, three months post-intervention a follow-up will take place to test the hypotheses that the reduction in complaints are maintained.

Completion date

01/07/2006

Eligibility

Key inclusion criteria

18 years or older

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Αll

Total final enrolment

213

Key exclusion criteria

Does not comply with the above inclusion criteria

Date of first enrolment

26/11/2005

Date of final enrolment

01/07/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

VU University Medical Center

Almere Netherlands 1081 BT

Sponsor information

Organisation

Vrije University Medical Centre (VUMC) (The Netherlands)

ROR

https://ror.org/00q6h8f30

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Vrije University Medical Centre (VUMC) (The Netherlands) - Department of Clinical Psychology

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	25/03/2008	23/10/2020	Yes	No