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

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

# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

Dr Petra Boluijt

#### Contact details

VU University Medical Center FPP Clinical Psychology Van der Boechorststraat 1 Almere Netherlands 1081 BT +31 (0)20 5988265 pr.boluijt@psy.vu.nl

# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

## Secondary identifying numbers

**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

# Secondary study design

Randomised controlled trial

# Study setting(s)

Not specified

# Study type(s)

Quality of life

# Participant information sheet

# 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 measure

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

#### Secondary outcome measures

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.

#### Overall study start date

26/11/2005

#### Completion date

01/07/2006

# **Eligibility**

#### Key inclusion criteria

18 years or older

#### Participant type(s)

**Patient** 

#### Age group

Adult

## Lower age limit

18 Years

#### Sex

Both

#### Target number of participants

200

#### 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)

# Sponsor details

Department of Clinical Psychology Van der Boechorststraat 1 Amsterdam Netherlands 1081 BT

## Sponsor type

Hospital/treatment centre

#### Website

http://www.vumc.nl

#### **ROR**

https://ror.org/00q6h8f30

# Funder(s)

# Funder type

#### Funder Name

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

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