

Evaluation of a randomised-controlled cognitive-behavioural individual therapy for patients with somatoform disorders

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
29/03/2007	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
02/05/2007	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
30/05/2017	Mental and Behavioural Disorders	

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Evaluation of a randomised-controlled cognitive-behavioural individual therapy for patients with somatoform disorders

Acronym

SOMA

Study objectives

To determine whether a new Cognitive-Behavioural Therapy (CBT) multicomponent manual for individual therapy for somatoform disorders is effective.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Commission of the German Society of Psychology, 29/10/2006, ref: WH 28092006DGPS

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Somatoform disorder

Interventions

All outpatients receive cognitive behavioural therapy for 5 months. The patients are referred by their general practitioners. After randomised assignment, the intervention group receives 20 sessions (50 minutes per session) of cognitive behavioural individual psychotherapy. The subjects randomised into the waiting list control group must wait for 5 months before starting with the same intervention. The treatment consists of modules and focuses on explanatory illness model, stressors and coping with stress, the effect of attention versus distraction on bodily complaints or dysfunctions, relaxation training, cognition and beliefs about unexplained bodily symptoms and illness behaviour.

The primary and secondary outcomes will be measured at:

1. First contact with the patient (after referral)
2. Beginning of therapy (after session no. 1)
3. End of therapy (after session no. 20)
4. 6-month follow-up
5. 12-month follow-up

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Severity and distress related to the somatoform symptoms as indicated on Somatoform Disorders Screening Instrument - 7 days (SOMS-7) measured at first contact with the patient (after referral), beginning of therapy (after session no. 1), end of therapy (after session no. 20), 6-month follow-up and 12-month follow-up

Key secondary outcome(s)

1. Self-reported psychological symptoms, measured using the Brief Symptom Inventory (BSI)
2. Depressive symptoms, measured using the Beck Depression Inventory (BDI)
3. Functional limitations, measured using the Short Form-36 Health Survey (SF-36)
4. General life satisfaction, measured using "Questions on Life Satisfaction" (FLZ-M)

Measured at first contact with the patient (after referral), beginning of therapy (after session no. 1), end of therapy (after session no. 20), 6-month follow-up and 12-month follow-up

Completion date

30/03/2008

Eligibility

Key inclusion criteria

1. The presence of a somatoform disorder (Somatic Symptom Inventory [SSI] 3 - patients with at least three current Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition [DSM IV] somatoform symptoms)
2. The somatoform disorder is the main treatment issue (co-morbidities are allowed)
3. Indication for individual therapy
4. Age 18-65
5. Written informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Key exclusion criteria

1. Age: under 18, over 65 years
2. Ongoing psychological treatment

3. Treatment in a psychiatric hospital during the last 5 years
4. Acute psychotic or manic symptoms
5. Substance dependency
6. Severe depression, suicidal thoughts or behaviours
7. Post Traumatic Stress Disorder (PTSD) and personality disorder (clusters A & B)
8. Dementia or neurodegenerative disorders
9. Unable to understand German language
10. Request of early retirement because of somatoform disorder

Date of first enrolment

01/01/2007

Date of final enrolment

30/03/2008

Locations

Countries of recruitment

Germany

Study participating centre

Psychological Institute University of Mainz
Mainz
Germany
55099

Sponsor information

Organisation

Psychological Institute, University of Mainz (Germany)

ROR

<https://ror.org/023b0x485>

Funder(s)

Funder type

University/education

Funder Name

Johannes Gutenberg-Universität Mainz

Alternative Name(s)

Johannes Gutenberg University of Mainz, University of Mainz, Johannes Gutenberg University Mainz, JGU

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

Germany

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	25/05/2017		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes