

Helping patients sustain changes: Testing the effectiveness of a Transdiagnostic Internet-based Maintenance-Treatment following inpatient psychotherapy

Submission date

22/03/2011

Recruitment status

No longer recruiting

Registration date

12/04/2011

Overall study status

Completed

Last Edited

25/10/2013

Condition category

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

ID61100200

Study information

Scientific Title

Comparing the effectiveness of a Transdiagnostic Internet-based Maintenance-Treatment (TIMT) after inpatient psychotherapy for various mental health disorders with a Treatment As Usual group (TAU) with regard to psychopathological symptom load: a randomised controlled trial

Acronym

TIMT

Study objectives

Participants of a transdiagnostic internet based maintenance treatment do show less psychopathological symptoms three and 12 months after inpatient treatment than participants of a treatment as usual group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethical approval was given by the institutional review board of the Leuphana University of Lüneburg Germany on 02/06/2008

Study design

Two arm single centre randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

1. Mental Health Disorders according to ICD-10-F
2. Inpatient psychotherapy

Interventions

1. TIMT: transdiagnostic internet based maintenance treatment involves a motivation-plan, a weekly web-diary, self-management module, asynchronous patient-therapist communication, a patient support group and an online-based progress monitoring. Duration: 3 month.
2. TAU: Treatment as usual involves unstructured access to outpatient psychotherapy, and/or standardised outpatient face-to-face continuation treatment, and/or psychotropic management. Follow Ups: 3 and 12 month after inpatient treatment

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Psychopathological symptom severity measured by: PSS - HEALTH-49; Rabung et. al 2009
1. Inpatient admission (t1)
2. Inpatient discharge (t2)
3. 3-month-follow-up (t3)
4. 12-month-follow-up (t4)

Key secondary outcome(s)

1. Psychological wellbeing (WB - HEALTH-49; Rabung et. al 2009)
2. Positive and negative-affect (PA/NA - PANAS; Watson, Clark, & Tellegen, 1988)
3. Self-efficacy (SE - HEALTH-49; Rabung et. al 2009)
4. Interpersonal-problems (IPP - HEALTH-49; Rabung et. al 2009)
5. Emotion-regulation-skills (Total - ERSQ; Mediator; Berking & Orth, 2007)
6. Self-management-skills (VCI; Mediator ;Kuhl & Fuhrmann, 1998)
7. Therapist-alliance (HAQ; Process-Quality; Bassler, Potratz, & Krauthauser, 1995)

Completion date

01/05/2011

Eligibility**Key inclusion criteria**

1. Treated for a mental disorder according to ICD-10-F within the study-centre
2. Internet-access
3. German-speaking
4. Ages 18 - 65

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Psychotic symptoms
2. Alcohol/substance-addiction
3. High risk of suicide
4. Problems with reading/writing

Date of first enrolment

01/09/2008

Date of final enrolment

01/05/2011

Locations

Countries of recruitment

Germany

Study participating centre

Philipps University Marburg

Marburg

Germany

35032

Sponsor information

Organisation

Clinic for Psychotherapy and Psychosomatics (Vogelsberklinik) (Germany)

Funder(s)

Funder type

University/education

Funder Name

Philipps-University of Marburg and Leuphana University of Lüneburg (Germany)

Funder Name

Vogelsbergklinik - Dr. Ebel clinics for psychotherapy and psychosomatics (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	10/10/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes