

# 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

EudraCT/CTIS number

IRAS number

**ClinicalTrials.gov number**

**Secondary identifying numbers**

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

### **Secondary study design**

Randomised controlled trial

### **Study setting(s)**

Hospital

### **Study type(s)**

Treatment

### **Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

### **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 measure**

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)

## **Secondary outcome measures**

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)

## **Overall study start date**

01/09/2008

## **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

### **Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

400

**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)

**Sponsor details**

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**Sponsor type**

Hospital/treatment centre

**Website**

<http://vogelsbergklinik.de>

## 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

**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?
<a href="#">Results article</a>	results	10/10/2013		Yes	No