ISRCTN37858178 https://doi.org/10.1186/ISRCTN37858178

# The Teleac course for insomnia: a randomised controlled trial (RCT)

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 12/09/2005 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 12/09/2005 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 28/06/2019 | Nervous System Diseases | |

**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**
NFGV 5978 (national fund public mental health); NTR62

# Study information

### Scientific Title
A randomised trial of a behavioural training programme through television for patients with insomnia

### Study objectives
Not provided at time of registration

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
Ethics approval received from the local medical ethics committee

### Study design
Randomised active controlled parallel group trial

### Primary study design
Interventional

### Secondary study design
Randomised controlled trial

### Study setting(s)
Not specified

### Study type(s)
Treatment

### Participant information sheet

### Health condition(s) or problem(s) studied
Insomnia

### Interventions
A behavioural training programme for insomnia will be broadcasted by Teleac this fall. This trial will take place before the start of the broadcasting with three groups:
1. Each week a DVD is sent to the patient's home for 6 weeks. Each DVD contains part of the behavioural training programme (25 minutes each) + book that belongs to the this television programme.
2. Same as the first condition without the book
3. Waiting list control group. These patients may watch the regular television programme later on when broadcasted by Teleac.

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome measure
Sleep efficiency post-treatment (6 weeks) and 3 months later .

### Secondary outcome measures
1. Quality of sleep
2. Cognitions about sleep
3. Use of sleep medication
4. Symptoms of depression and anxiety
5. Quality of life
6. Absence of work
7. Health care use

All measured post-treatment (6 weeks) and 3 months later.

### Overall study start date
01/08/2005

### Completion date
01/08/2006

## Eligibility

### Key inclusion criteria
A sleep problem defined as lying awake for at least 30 minutes for at least 3 nights a week for at least 1 month.

### Participant type(s)
Patient

### Age group
Not Specified

### Sex
Not Specified

### Target number of participants
300

### Total final enrolment
247

### Key exclusion criteria
A high score on the screener for depression (Center for Epidemiologic Studies-Depression [CESD]) or anxiety (Hospital Anxiety and Depression Scale [HADS]).

### Date of first enrolment
01/08/2005

### Date of final enrolment
01/08/2006

# Locations

**Countries of recruitment**
Netherlands

**Study participating centre**
**Vrije Universiteit Amsterdam**
Amsterdam
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# Sponsor information

**Organisation**
Vrije University Medical Centre (VUMC) (The Netherlands)

**Sponsor details**
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**Sponsor type**
Hospital/treatment centre

**Website**
http://www.vumc.nl

**ROR**
https://ror.org/00q6h8f30

# Funder(s)

**Funder type**
Government

**Funder Name**

The National Fund for Public Mental Health (Nationaal-Fonds-Geestelijke-Volksgezondheid [NFGV]) (The Netherlands)

### 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 | 01/01/2009 | 28/06/2019 | Yes | No |