

Efficacy of a Cognitive Behavioural group Therapy (CBT) for compulsive buying disorder

Submission date 11/09/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 22/11/2007	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 22/11/2007	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> 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
N/A

Study information

Scientific Title

Study objectives

Disorder specific group Cognitive Behavioural Therapy (CBT) can improve the compulsive buying behaviour.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the Institutional Ethics Committee of the University Hospital of Erlangen (Germany) on the 27th August 2003 (ref: 3008).

Study design

Randomised, controlled, efficacy study comparing CBT with waiting list control.

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Compulsive buying disorder

Interventions

This trial is a randomised controlled trial comparing a treatment group with a waiting list control group (2 arms). Because of logistical difficulties a simultaneous conduction of groups was not feasible in this monocentric study. Patients were assigned to groups upon enrolment, which were subsequently randomised to one of two conditions. Thirty-one participants were assigned to one of five CBT groups, and 29 individuals to one of five Waiting List Control (WLC) groups. Participants were blind to the randomisation.

Intervention:

12-weekly outpatient disorder specific group CBT-sessions specifically aiming at interrupting and controlling the problematic buying behaviour, establishing healthy purchasing patterns, restructuring maladaptive thoughts and negative feelings associated with shopping and buying, and developing healthy coping skills.

Control:
Waiting list control.

Treatment lasted 12 weeks with one 90-minutes session per week. Groups were conducted with 5 - 8 participants. Follow-up was for 6 months after finishing the treatment for all participants.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

1. Compulsive Buying Scale (CBS)
2. Yale-Brown Obsessive Compulsive Scale - Shopping Version (Y-BOCS-SV)
3. German Compulsive Buying Scale (G-CBS)

All participants were assessed at baseline. Participants assigned to CBT were assessed at the end of treatment and at the end of a 6-months follow-up period. Individuals assigned to the WLC were reassessed 12 weeks after the baseline assessment. All assessments were conducted by research staff members who remained blind to the treatment assignment throughout the study. Participants completed all self-report questionnaires during the assessment visits.

Secondary outcome measures

1. Symptom Check-List-90-R (SCL-90-R)
2. Barratt Impulsiveness Scale (BIS-11)
3. Saving Inventory - Revised (SI-R)

All participants were assessed at baseline. Participants assigned to CBT were assessed at the end of treatment and at the end of a 6-months follow-up period. Individuals assigned to the WLC were reassessed 12 weeks after the baseline assessment. All assessments were conducted by research staff members who remained blind to the treatment assignment throughout the study. Participants completed all self-report questionnaires during the assessment visits.

Overall study start date

01/11/2003

Completion date

30/05/2007

Eligibility

Key inclusion criteria

1. Current compulsive buying problems according to the criteria of McElroy et. al. (1994)
2. Aged 18 and over

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

60

Key exclusion criteria

1. Active suicidal ideation
2. Current mania

Date of first enrolment

01/11/2003

Date of final enrolment

30/05/2007

Locations

Countries of recruitment

Germany

Study participating centre

Department of Psychosomatic Medicine and Psychotherapy

Erlangen

Germany

D-91054

Sponsor information

Organisation

University Hospital of Erlangen (Germany)

Sponsor details

Erlanger Leistungsbezogene Anschubfinanzierung und Nachwuchsförderung (ELAN) fund

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Sponsor type

Hospital/treatment centre

Website

http://www.elan.uk-erlangen.de/e404/index_ger.html

ROR

<https://ror.org/0030f2a11>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

University Hospital of Erlangen (Germany) - Erlanger Leistungsbezogene Anschubfinanzierung und Nachwuchsförderung (ELAN) fund

Funder Name

Bavarian Savings Bank Foundation (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?
Results article	Results	01/11/2007		Yes	No