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

Submission date	Recruitment status No longer recruiting	Prospectively registered		
11/09/2007		□ Protocol		
Registration date 22/11/2007	Overall study status Completed	Statistical analysis plan		
		[X] Results		
Last Edited 22/11/2007	Condition category Mental and Behavioural Disorders	Individual participant data		

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

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

Study type(s)

Treatment

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(s)

- 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.

Key secondary outcome(s))

- 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.

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Αll

Key exclusion criteria

- 1. Active suicidal ideation
- 2. Current mania

Date of first enrolment

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)

ROR

https://ror.org/0030f2a11

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

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

Funder Name

Bavarian Savings Bank Foundation (Germany)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summaryNot 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