

# Choosing the most efficient and cost-effective treatment for acute whiplash associated disorders (WAD)

<b>Submission date</b> 03/02/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 27/03/2009	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 30/07/2009	<b>Condition category</b> Injury, Occupational Diseases, Poisoning	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Anne Söderlund

### Contact details

Department of Physiotherapy  
School of Health, Care and Social Welfare  
Mälardalen University  
BOX 1020  
Västerås  
Sweden  
S-72126

## Additional identifiers

### Protocol serial number

N/A

## Study information

Scientific Title

A randomised three-group study, internet-based, face-to-face based and standard-management after acute whiplash associated disorders (WAD): choosing the most efficient and cost-effective treatment

### **Study objectives**

The main purpose of this study is to try a new intervention strategy aimed to reduce the number of patients who have persistent problems after the whiplash injury. The goal is also to identify which of three different interventions that is most cost-effective for whiplash associated disorders (WAD) patients and the health care system. In this study we are controlling for two factors. First, the effect of behavioural medicine approach is evaluated. Second, the manner in which the treatment is administered, IT or face-to-face, is evaluated.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Research Ethics Committee at Uppsala University, Uppsala, Sweden gave approval in May 2005 (ref: 01-229)

### **Study design**

Randomised prospective experimental three-group study

### **Primary study design**

Interventional

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

Treatment

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

Acute whiplash associated disorders

### **Interventions**

Group 1: The new IT-based treatment (internet/e-mail) regimen for acute WAD patients, emphasizes self-monitoring and skills training, as well as discussions led by a therapist

Group 2: Face-to-face intervention involves groups of three to six patients led by therapists. The face-to-face program is planned to be similar to the IT-based treatment regimen described above, but differs in the way the treatment is administered.

Group 3: Standard care of these patients currently involves a visit to a physical therapist, which provides a home exercise program dealing with physical symptoms and advice of returning to normal activities as soon as possible. No further treatment is given except the home exercise program that all patients get at the emergency ward (standard care) before randomisation.

Both IT and face-to-face treatments:

Number of sessions: 7

Duration of sessions: 1 hour

Duration of treatment: about 7 - 9 weeks

Standard management:

1 hour only once.

Total duration of follow-up for all groups is 2 years.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Disability, measured with Pain Disability Index
2. Cost-effectiveness, evaluated with a cost-diary

Measured at pre-, post-treatment, 3, 6, 12, 24 months follow-ups.

**Key secondary outcome(s))**

1. The Patient Goal Priority Questionnaire (PGPQ)
2. Tampa Scale for Kinesiophobia
3. Pain Intensity Diary
4. Self-Efficacy Scale
5. Coping Strategies Questionnaire
6. 36-item short form health survey (SF-36)
7. Exercise diary

Measured at pre-, post-treatment, 3, 6, 12, 24 months follow-ups. QALYs are measured at 12 and 24 years follow-up.

**Completion date**

31/12/2011

## Eligibility

**Key inclusion criteria**

1. Aged between 18 and 65 years, either sex
2. Satisfactory Swedish language skills
3. Fulfill criteria for the diagnosis of WAD grade I and II
4. Ongoing pain in the neck due to the accident
5. Access to a computer

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Prior neck injury
2. Other ongoing chronic pain problems
3. Ongoing treatment for pain or pain related symptoms

**Date of first enrolment**

01/11/2006

**Date of final enrolment**

31/12/2011

**Locations****Countries of recruitment**

Sweden

**Study participating centre****Department of Physiotherapy**

Västerås

Sweden

S-72126

**Sponsor information****Organisation**

The Swedish Research Council (Sweden)

**ROR**

<https://ror.org/03zttf063>

**Funder(s)****Funder type**

Research council

**Funder Name**

The Swedish Research Council (Sweden)

**Funder Name**

Uppsala University (Sweden) - Faculty of Medicine

## 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?
<a href="#">Protocol article</a>	protocol	22/07/2009		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes