ISRCTN64872147 https://doi.org/10.1186/ISRCTN64872147

Efficacy and efficiency of Eye Movement Desensitisation and Reprocessing therapy versus Brief Eclectic Psychotherapy (BEP) in the treatment of post-traumatic stress disorder

Submission date
04/08/2005

Recruitment status
No longer recruiting

Registration date
04/08/2005

Overall study status
Completed

Last Edited
04/09/2015

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] 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

Protocol serial number
NTR46

Study information

Scientific Title
Efficacy and efficiency of Eye Movement Desensitisation and Reprocessing therapy versus Brief Eclectic Psychotherapy (BEP) in the treatment of post-traumatic stress disorder

Acronym
BEP-EMDR

Study objectives
Eye movement desensitisation and reprocessing (EMDR) therapy is applied frequently in clinical practice as a treatment method for psychological trauma. Arguments for applying EMDR are faster symptom reduction, lower dropout and better tolerance than cognitive behavioural interventions. However, in the Netherlands a randomised controlled study determining efficacy and efficiency of EMDR has not yet been performed.

Research objectives:
1. To compare efficacy of EMDR therapy and brief eclectic psychotherapy (BEP) in the treatment of patients with post-traumatic stress disorder
2. To test whether EMDR is more efficient than BEP
3. To determine efficacy of the treatments at long-term follow up
4. To determine which patients benefit most from EMDR or BEP
5. To determine the effects of both treatments on comorbid psychopathology, like major depressive disorder

The overall trial end date was changed from 01/12/2006 to 01/12/2007.

On 14/02/2012 the following changes were made to the trial record:
1. The target number of participants was changed from 120 to 140.
2. The overall trial end date was changed from 01/12/2007 to 01/02/2009.

Ethics approval required
Old ethics approval format

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

Study design
Randomised-controlled parallel-group single-blinded trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Mental disorders, post-traumatic stress disorder

Interventions

EMDR is a combination of trauma exposure (desensitisation) with saccadic eye movements. When anxiety diminishes, the patient is instructed to develop more positive cognitions and link these to the trauma.

BEP is primarily a cognitive behavioral intervention, but 'eclectic' means that elements of psychodynamic and directive psychotherapy are also part of this therapy.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Impact of Event Scale - Revised (IES-R)
2. Hospital Anxiety and Depression Scale (HADS)

Key secondary outcome(s))
Structured clinical interviews are administered, as well as neuropsychological tests and other self-report measures.

Completion date
01/02/2009

Eligibility

Key inclusion criteria
Current inclusion criteria as of 14/02/2012
One hundred and forty patients with post-traumatic stress disorder for at least one month after the traumatic experience according to Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria, will be included. They are asked to participate after intake at the Outpatient Psychiatry Clinic of the Academic Medical Center/De Meren.

Previous inclusion criteria
One hundred and twenty patients with post-traumatic stress disorder for at least one month after the traumatic experience according to Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria, will be included. They are asked to participate after intake at the Outpatient Psychiatry Clinic of the Academic Medical Center/De Meren.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Key exclusion criteria
1. Severe comorbidity that would interfere with treatment
2. Enhanced risk for suicide and psychotic disorders

Date of first enrolment
01/12/2003

Date of final enrolment
01/02/2009

Locations

Countries of recruitment
Netherlands

Study participating centre
Academic Medical Center (AMC)
Amsterdam
Netherlands
1105 AZ

Sponsor information

Organisation
Academic Medical Centre (AMC) (The Netherlands)

ROR
https://ror.org/03t4gr691

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Academisch Medisch Centrum

Alternative Name(s)
Academic Medical Center, AMC

Funding Body Type

Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
Netherlands

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?
Results article	results	01/03/2012		Yes	No
Results article	results	01/08/2015		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes