

Early online trauma-focused group intervention for perinatal trauma during the COVID-19 pandemic

Submission date 09/08/2021	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 19/08/2021	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 13/10/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Post-traumatic stress disorder (PTSD) following childbirth is experienced by up to 15.7% of women. There currently is no routine intervention for preventing postpartum PTSD. Eye Movement Desensitisation and reprocessing (EMDR) is one of two treatments recommended by NICE for PTSD. EMDR is based on the adaptive information processing theory that explains how a traumatic event can disrupt the way information is handled in the brain. The traumatic memory remains unprocessed in the brain, resulting in symptoms of post-traumatic stress. EMDR is thought to work by sensory stimulation including eye movements that process traumatic memories, just as our eyes move during REM sleep.

This study aims to compare an online trauma-informed early EMDR group intervention with usual care in preventing post-traumatic stress disorder in women who have experienced a caesarean section. The study will also investigate users' experience of the intervention and compare the intervention with usual care in reducing symptoms of depression.

Who can participate?

Women aged over 18 years who have had a recent caesarean section and are willing to take part in a 3-week online group intervention

What does the study involve?

Participants will be randomly allocated to either receive the online EMDR group intervention or usual standard care. The early EMDR group intervention will include three 90-minute face to face online sessions over 3 weeks. The early EMDR intervention will consist of resilience-building techniques and eye movement exercises that have been found to be beneficial in helping people deal with strong emotional experiences, manage strong emotions, and improve wellbeing. All participants will be asked to complete online questionnaires at 12 weeks after the birth.

What are the possible benefits and risks of participating?

Participants may benefit from receiving a new type of online intervention that is supported by evidence for reducing stress. The information we get from this study may help doctors to provide supportive therapy for women who have had a traumatic birth experience. Participants

will not receive financial payment for taking part in this study. However, with consent, their names will be entered into a draw to receive a Smart Trike.

The risk of taking part could be that participants become upset when thinking about their recent birth experience. As is the case with all psychological interventions, the researchers cannot guarantee that the online EMDR group intervention will benefit everyone who receives it.

Where is the study run from?
Ulster University (UK)

When is the study starting and how long is it expected to run for?
January 2019 to June 2022

Who is funding the study?
Department for the Economy, Northern Ireland (UK)

Who is the main contact?
Prof. Marlene Sinclair
m.sinclair1@ulster.ac.uk

Contact information

Type(s)
Scientific

Contact name
Prof Marlene Sinclair

ORCID ID
<http://orcid.org/0000-0003-4444-1505>

Contact details
12J09, Shore Road
Ulster University
Jordanstown
Newtownabbey
United Kingdom
BT37 0QB
+44 (0)2890368118
m.sinclair1@ulster.ac.uk

Type(s)
Public

Contact name
Ms Paula Miller

Contact details
12J09, Shore Road
Jordanstown Campus
Newtownabbey
United Kingdom

BT37 0QB
+44 (0)7725 727 383
miller-p6@ulster.ac.uk

Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number
269534

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
IRAS 269534

Study information

Scientific Title

A multicentre, randomised, parallel-group study to compare the effectiveness of an early eye movement desensitisation and reprocessing group intervention with care as usual in preventing post-traumatic stress symptoms in women who have experienced a traumatic birth

Acronym
INTEGRATE

Study objectives

Is an early eye movement desensitisation and reprocessing (EMDR) online group intervention more effective than care as usual in preventing post-traumatic stress in women who have experienced a traumatic birth?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 05/07/2021, Health and Social Care Research Ethics Committee (HSC REC A) (Office for Research Ethics Committees Northern Ireland (ORECNI), Business Services Organisation, Lissue Industrial Estate West, 5 Rathdown Walk, Moira Road, Lisburn, BT28 2RF, UK; +44 (0)28 9536 1400; info.orecni@hscni.net), REC ref: 21/NI/0067

Study design
Multicentre interventional single-blind randomized parallel-group study

Primary study design
Interventional

Secondary study design
Randomised parallel trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details to request a participant information sheet

Health condition(s) or problem(s) studied

Post-traumatic stress disorder and depression in women who have experienced perinatal trauma

Interventions

Adaptive Information Processing (AIP) informed early Eye Movement Desensitisation Reprocessing (EMDR) psychological intervention compared to control treatment as usual (TAU). Randomisation to each arm by computer-generated randomisation list.
Dose: 3 x 90 minute sessions.

Women in the intervention group will be invited to receive three 90-minute intervention sessions in a group setting, delivered by midwives who have been trained in facilitating EMDR, comprising of psychoeducation, emotional regulation techniques and eye movement reprocessing exercises.

Women will be in the study for 16 weeks. Women in the intervention and care as usual groups will be asked to fill in online self-complete questionnaires before the intervention at up to 3 weeks postpartum and after the intervention at 12 weeks postpartum. A clinician-administered interview will be conducted at 12 weeks postpartum.

Intervention Type

Behavioural

Primary outcome measure

Post-traumatic stress disorder measured by the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5), Impact of Events Scale - revised (IES-R) and Posttraumatic Stress Disorder Checklist (PCL-5) at baseline and at 12 weeks postpartum

Secondary outcome measures

Depression measured by the Edinburgh Postnatal Depression Scale (EPDS) at baseline and at 12 weeks postpartum

Overall study start date

21/01/2019

Completion date

30/06/2022

Eligibility

Key inclusion criteria

1. Women who have had a caesarean birth
2. Women who have experienced their birth as traumatic
3. Women who meet subclinical symptom criteria for PTSD under 33 on the impact of event scale
4. Aged over 18 years with the legal capacity to consent
5. Willingness and ability to attend three online intervention sessions

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Female

Target number of participants

96

Key exclusion criteria

1. Score over >35 on the Dissociative Experience Scale
2. Presence of severe psychiatric disorder such as psychosis, bipolar or active suicide risk
3. Women currently diagnosed with PTSD
4. Presence of severe medical conditions including traumatic brain injuries
5. Currently receiving psychological treatment
6. Drug or alcohol abuse
7. Overt dementia
8. Ongoing injected or oral corticosteroid treatment
9. Women who have absolutely no social and familial support
10. Women who are critically ill

Date of first enrolment

18/10/2021

Date of final enrolment

20/02/2022

Locations**Countries of recruitment**

Northern Ireland

United Kingdom

Study participating centre

Craigavon Area Hospital
Southern Health and Social Care Trust
Craigavon
United Kingdom
BT63 5QQ

Sponsor information

Organisation

University of Ulster

Sponsor details

26A20, Shore Road,
Jordanstown Campus
Newtownabbey
Northern Ireland
United Kingdom
BT37 0QB
+44 (0)2890 366629
n.curry@ulster.ac.uk

Sponsor type

University/education

Website

<http://www.ulster.ac.uk/>

ROR

<https://ror.org/01yp9g959>

Funder(s)

Funder type

Government

Funder Name

Department of Economy, Northern Ireland

Funder Name

Southern Health and Social Care Trust

Results and Publications

Publication and dissemination plan

A study protocol will be published in a peer-reviewed journal. Results will be published in a peer-reviewed journal and posted on the Doctoral Midwifery Research Society and Centre for Maternal, Fetal and Infant Research websites and disseminated to participants at their request.

Intention to publish date

01/02/2023

Individual participant data (IPD) sharing plan

The data-sharing plans for the current study are unknown and will be made available at a later date.

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 2.2	01/09/2021	10/09/2021	No	No
HRA research summary			26/07/2023	No	No