# Effectiveness of adding 'exposure in vivo' techniques to the return-to-work plan of workers with mental health problems: a cluster randomised controlled trial

Submission date	Recruitment status  No longer recruiting	<ul><li>Prospectively registered</li></ul>	
11/04/2007		∐ Protocol	
Registration date	Overall study status	Statistical analysis plan	
11/04/2007	Completed	[X] Results	
<b>Last Edited</b> 13/09/2013	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

Dr F W Noordik

#### Contact details

Academic Medical Centre
University of Amsterdam
Coronel Institute of Occupational Health
Amsterdam
Netherlands
1100 DE
+31 (0)20 566 4878
f.w.noordik@amc.nl

# Additional identifiers

**EudraCT/CTIS** number

IRAS number

ClinicalTrials.gov number

## Secondary identifying numbers

N/A

# Study information

## Scientific Title

## Acronym

Work up study

## Study objectives

Occupational rehabilitation with a gradual return to work based on the principles of exposure in vivo will be more (cost)-effective in reducing absenteeism than usual occupational rehabilitation.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval received from the local medical ethics committee

## Study design

Randomised, active controlled, parallel group, multicentre trial

## Primary study design

Interventional

# Secondary study design

Randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

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

Return to work of workers with common mental health complaints

#### **Interventions**

Level of occupational physician:

1. Two days of training followed by three intervision meetings

#### Level of worker:

- 1. Information folder with rationale
- 2. Homework assignments
- 3. Meeting with supervisor

## Intervention Type

Other

## **Phase**

**Not Specified** 

## Primary outcome measure

- 1. Time to full return to work
- 2. Time to relapse
- 3. Pecentage of contract hours worked
- 4. Work functioning

## Secondary outcome measures

- 1. Psychological complaints
- 2. Work ability
- 3. Self efficacy in returning to work
- 4. Coping with work situations
- 5. Avoidance of work situations
- 6. Work adjustments
- 7. Satisfaction of worker with occupational physician

## Overall study start date

01/01/2007

## Completion date

01/01/2009

# **Eligibility**

## Key inclusion criteria

Workers who:

- 1. Are two to six weeks absent from work
- 2. Have either:
- a. a stress-related disorder (defined as having at least one psychological complaint with significant suffering or problems with functioning)
- b. an anxiety disorder
- c. a depressive disorder

## Participant type(s)

**Patient** 

## Age group

Adult

#### Sex

**Not Specified** 

## Target number of participants

200

## Key exclusion criteria

Workers with:

- 1. Severe mental illnesses (psychotic disorders, bipolar disorder)
- 2. Post Traumatic Stress Disorder (PTSD)
- 3. Addiction problems
- 4. A primary somatic disorder

## Date of first enrolment

01/01/2007

## Date of final enrolment

01/01/2009

# Locations

## Countries of recruitment

Netherlands

## Study participating centre Academic Medical Centre

Amsterdam Netherlands 1100 DE

# Sponsor information

## Organisation

Academic Medical Centre (AMC) (The Netherlands)

## Sponsor details

Coronel Institute for Occupational and Environmental Health P.O. Box 22660 Amsterdam Netherlands 1100 DD

## Sponsor type

Hospital/treatment centre

## Website

http://www.amc.nl

## **ROR**

https://ror.org/03t4gr691

# Funder(s)

## Funder type

Research organisation

## Funder Name

Knowledge centre on reintegration for professionals (Stichting Expertise Centrum Reintegratie [STECR]) (The Netherlands) - Aladdin Program

# **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	01/03/2013		Yes	No