

# Towards a shortened sick leave duration of employees sick-listed due to common mental disorders

<b>Submission date</b> 30/06/2010	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 11/08/2010	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 05/12/2016	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Evelien Brouwers

**Contact details**  
Tilburg University  
Department Tranzo  
Warandelaan 2  
Tilburg  
Netherlands  
5000 LE  
+31 (0)13 466 2962  
e.p.m.brouwers@uvt.nl

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

## Study information

### Scientific Title

Effectiveness of the guideline management of workers with common mental health problems by occupational physicians: a randomised controlled trial

### Study objectives

Sick listed employees treated by occupational physicians (OPs) who are trained in and closely follow the guideline will have a shorter sick leave duration than those in the control group.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Medical Research Ethics Committee of St. Elisabeth Hospital in Tilburg, MREC number 1162

### Study design

Multicentre randomised controlled trial longitudinal design with follow up

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Other

### Participant information sheet

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

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

Sick leave due to common mental disorders

### Interventions

OPs in the experimental condition are trained in the Dutch guideline 'management of workers with common mental health problems by occupational physicians'. OPs will be divided into groups of 6 - 10 OPs, and will gather for monthly meetings of approximately 1 hour, over 1 year. Using action research and focus group discussions it will be investigated which barriers OPs encounter in using the guideline. Subsequently, barriers will be explored and possible solutions will be discussed by means of a 'plan, do, check, act' cycle.

OPs from the control group provide care as usual.

The total duration of follow up will be 12 months.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

Time to full return to work, defined as the number of days between the first day of sickness absence and the first day of full return to work

**Secondary outcome measures**

1. Partial return to work
  2. Total days of sick leave at 12 months
  3. Patient satisfaction, assessed by a short questionnaire developed for this study
  4. Symptoms, measured using the 4DSQ (Terluin 2002)
- Outcomes will be assessed at baseline, 3, 6 and 12 months.

**Overall study start date**

15/10/2010

**Completion date**

15/10/2014

**Eligibility****Key inclusion criteria**

1. A common mental disorder, i.e. anxiety, depression, burnout or emotional distress, is the primary reason for sick leave at the time of inclusion. Physical problems may be present, but should not cause absenteeism
2. Dutch speaking
3. Counseled by an OP that takes part in the study

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

232

**Key exclusion criteria**

1. Acute crisis or suicidality
2. Sick leave duration of less than 4 weeks, as a quick recovery of part of this group may dilute the statistical power of the study
3. Sick leave duration of more than 8 weeks, as the study aims to prevent long term sick leave

**Date of first enrolment**

15/10/2010

**Date of final enrolment**

15/10/2014

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

**Tilburg University**

Tilburg

Netherlands

5000 LE

## **Sponsor information**

**Organisation**

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

**Sponsor details**

Laan van Nieuw Oost Indië 334

The Hague

Netherlands

2593 CE

+31 (0)70 3495111

info@zonmw.nl

**Sponsor type**

Government

**Website**

<http://www.zonmw.nl/nl/>

**ROR**

<https://ror.org/01yaj9a77>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands) - (ref: 208030001)

**Alternative Name(s)**

Netherlands Organisation for Health Research and Development

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Netherlands

## 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?
<a href="#">Protocol article</a>	protocol	06/03/2013		Yes	No
<a href="#">Results article</a>	results	19/08/2015		Yes	No
<a href="#">Results article</a>	results	01/12/2017		Yes	No