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A prospective comparison of brief psychological intervention using groups and individual therapy for women who have experienced childhood sexual abuse

Submission date
23/01/2004

Recruitment status
No longer recruiting

Registration date
23/01/2004

Overall study status
Completed

Last Edited
03/12/2008

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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
RDC00954

Study information

Scientific Title

Study objectives
A pilot study has shown that women with mental health problems linked to a history of child sexual abuse improve significantly following brief, focal group psychotherapy (12 weeks). The proposed study investigates whether the improvement is sustained over a longer period and how the group intervention compares with both brief, focal individual therapy (12 sessions), and a no-treatment condition for women on a waiting list. Since group therapy is generally assumed to be less costly in NHS resources than individual therapy, because approximately 8 patients are seen in a more or less equivalent time to that of individual therapy, the outcome of the study has an important bearing on cost-effective service delivery. Three similar NHS sites/services are included in the study in order to maximise patient numbers and to provide experimental control of significant extraneous variables. Participants will be systematically assessed using standardised psychological questionnaires, and self-rating scales at regular periods and after treatment. Costs of input and ongoing service use will be compared in order to assess cost benefits.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Not Specified

Participant information sheet

Health condition(s) or problem(s) studied
Mental and behavioural disorders: Other mental disorder

Interventions

1. Focal group psychotherapy (12 weeks)
2. Brief, focal individual therapy (12 sessions)
3. No-treatment condition for women on a waiting list

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
The research aims to establish two results: whether treatment of some kind offers significant long term benefits over no treatment at all; and whether group treatment offers significantly better long term results that individual therapy. Whatever the nature of results obtained, they will contribute to a small but growing body of knowledge which will allow clinicians to make more empirically based treatment choices for the individual patient.

Secondary outcome measures
Not provided at time of registration

Overall study start date
05/05/1998

Completion date
05/05/2001

Eligibility

Key inclusion criteria
Women survivors of childhood sexual abuse (CSA), aged 18-65 referred as out-patients to the Psychology Departments at Redbridge, Waltham Forest Health Care Trusts or Essex & Herts Community NHS Trust. Criteria for inclusion are that women present to the psychology departments with psychological difficulties in their current lives which they themselves link to their experiences of CSA, and express a desire to work primarily on CSA related difficulties.

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
Female

Target number of participants
Not provided at time of registration

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
05/05/1998

Date of final enrolment
05/05/2001

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Redbridge Healthcare NHS Trust-
Ilford
United Kingdom
IG3 8XJ

Sponsor information

Organisation
NHS R&D Regional Programme Register - Department of Health (UK)

Sponsor details
The Department of Health
Richmond House
79 Whitehall
London
United Kingdom
SW1A 2NL
+44 (0)20 7307 2622
dhmail@doh.gsi.org.uk

Sponsor type
Government

Website
http://www.doh.gov.uk

Funder(s)

Funder type
Government

Funder Name
NHS Executive London (UK)

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	01/12/2005		Yes	No