ISRCTN96695189 https://doi.org/10.1186/ISRCTN96695189

ACT against burnout (ACT gegen burnout)

Submission date	Recruitment status	[ ] Prospectively registered
04/03/2014	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
25/06/2014	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
03/06/2020	Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims
Burnout has been observed globally and is associated with numerous negative consequences ranging from depression, anxiety, low levels of self-esteem and well-being to decreased job performance and job turnover. Acceptance and commitment therapy (ACT) may be helpful to reduce burnout-associated suffering. Individual therapy especially ACT is not always feasible, available, or accessible. Self-help books may be possible alternatives. However, these need to be tested rigorously before they can be used as part of a wider health-care framework. Therefore, this study aims to find out the effectiveness of a self-help book for burnout-based on ACT without any therapist contact by using an exclusively online platform.

Who can participate?
Adults who are shown to have moderate levels of stress can take part in this study.

What does the study involve?
Participants are randomly allocated to one of three groups. First groups get the self-help book immediately. The second and third group receive the book after a waiting period of 6 weeks, with or without assessments respectively during that period. Participants receive a copy of a self-help book for dealing with burnout from an ACT perspective. Upon receiving the book, they log into the online assessment platform. Participants complete online questions before reading the book, after every chapter, immediately after finishing the book, and 3 months after reading the book. As described in the chapters of the book, participants are encouraged to apply and exercise concepts discussed in the book.

What are the possible benefits and risks of participating?
Participants can potentially benefit by reducing suffering surrounding burnout symptoms. Potential risks include disappointment of not improving or temporary discomfort surrounding an exercise discussed in the book.

Where is the study run from?
The study is carried out in the participants homes.

When is the study starting and how long is it expected to run for?
The study started in November 2013 and runs until October 2014.

Who is funding the study?
Investigator initiated and funded (Switzerland)

Who is the main contact?
Dr Andrew Gloster
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Contact information

Type(s)
Scientific

Contact name
Dr Andrew Gloster

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
Effectiveness of acceptance and commitment therapy (ACT) self-help for burnout: a randomized controlled trial

Study objectives
Participants engaging with the ACT self-help book will have significantly greater pre-post improvement in perceived stress and burnout symptoms than the wait-list groups.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Regional ethics committee Ethikkommission beider Basel (EKBB), 10/07/2013, ref: EK 336/12

Study design
Randomized controlled wait-list trial with three groups

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

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

Health condition(s) or problem(s) studied
Burnout is a syndrome consisting of three dimensions: overwhelming exhaustion, feelings of cynicism and detachment, and subjective sense of ineffectiveness/lack of accomplishment.

Interventions
The self-help book 'ACT gegen Burnout' by Michael Waadt and Jens Acker. The book presents principles and techniques derived from Acceptance and Commitment Therapy (ACT). No additional therapeutic contact is provided.

The study is a randomized, wait-list controlled clinical trial. All assessments occur exclusively online and are measured at pretreatment, post-treatment, 3-month follow-up, and during the time that the participants are working through the self-help book.

Randomization will made to one of three groups:
1. Immediate ACT self-help book condition
2. A 6-week wait-list with weekly assessments during the waiting period
3. A 6-week wait-list without weekly assessments during the waiting period.

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
The primary symptom-based outcome measures will be:
1. The Perceived Stress Scale (PSS)
2. The Maslach Burnout Inventory - General Survey (MBI-GS)
Outcomes will be measured at baseline, post-treatment, and at 3-month follow-up.

Secondary outcome measures

1. Depression
2. Psychological flexibility
3. Process of psychological flexibility
4. Cognitive fusion
5. Mindfulness
6. Emotion regulation
7. Problematic emotion regulation
8. Flourishing mental health/well-being
9. Values
10. Comprehension
Outcomes will be measured at baseline, post-treatment, and at 3-month follow-up.

Overall study start date
05/11/2013

Completion date
31/10/2014

Eligibility

Key inclusion criteria
1. 18-65 years of age
2. Perceived Stress Scale (PSS) score greater than or equal to 17 (at least moderate levels of perceived stress)
3. No active current suicidal intent (as measured by the BDI-II suicide item no. 9 less than or equal to 1)

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
Both

Target number of participants
128

Total final enrolment
119

Key exclusion criteria

1. Less than 18 or over 65 years of age
2. Perceived Stress Scale (PSS) score less than 17
3. Current suicidal intent (as measured by the BDI-II suicide item no. 9 greater than 1)
4. Current psychotherapy

Date of first enrolment
05/11/2013

Date of final enrolment
31/10/2014

Locations

Countries of recruitment
Germany

Switzerland

Study participating centre
Missionsstrasse 62a
Basel
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Sponsor information

Organisation
University of Basel (Switzerland)

Sponsor details
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Sponsor type
University/education

ROR
https://ror.org/02s6k3f65

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded (Switzerland)

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	21/11/2017	03/06/2020	Yes	No