

# Evaluation of a group training for adolescents (Emotion Regulation Training) with emotion regulation problems - a randomised controlled clinical trial

<b>Submission date</b> 23/08/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/08/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 31/12/2020	<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 H.M. Schuppert

**Contact details**  
University Medical Centre Groningen (UMCG)  
Department of Psychiatry  
P.O. Box 30001  
Groningen  
Netherlands  
9700 AR  
-  
m.schuppert@accare.nl

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

## **Secondary identifying numbers**

N/A

# **Study information**

## **Scientific Title**

Evaluation of a group training for adolescents (Emotion Regulation Training) with emotion regulation problems - a randomised controlled clinical trial

## **Acronym**

ERT - evaluation

## **Study objectives**

Has the Emotion Regulation Training (ERT) for adolescents a surplus value compared to treatment as usual?

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Not provided at time of registration

## **Study design**

Multicentre, randomised, single-blind, active controlled parallel group trial

## **Primary study design**

Interventional

## **Secondary study design**

Randomised controlled trial

## **Study setting(s)**

Not specified

## **Study type(s)**

Treatment

## **Participant information sheet**

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

Borderline personality disorder in adolescents

## **Interventions**

ERT consists of 17 weekly group sessions (6 to 9 participants, 1.75 hours), one psycho-educational session with parents/caretakers and/or partners and two booster sessions, at three and six months after the weekly course. The first aim is to learn how to deal with daily stress and psychological vulnerability. Reducing self-harm or harm to others is an important issue.

After the training there will be a session with the adolescent, his or her parents or caretakers, the therapists of the training and the individual therapist, to offer good continuation in the regular treatment.

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome measure**

Primary outcome measures at baseline, directly after the training and at six months follow-up:

1. Severity of Borderline Personality symptoms (Borderline Personality Disorder Severity Index for adolescents, fourth version [BPDSI-IV-adolescents], semi-structured interview) measuring the current severity and frequency of the DSM-IV BPD manifestations
2. Life Problems Inventory (LPI, questionnaire), measuring the main symptoms of BPD

## **Secondary outcome measures**

Secondary outcome measures at baseline, directly after the training and at six months follow-up:

1. DSM diagnosis axis II (Personality Diagnostic Questionnaire [PDQ-4], parts of kiddie-Schedule for Affective Disorders and Schizophrenia [k-SADS] and Structured Clinical Interview for DSM-IV [SCID-II])
2. Mental health disorders (Child Depression Inventory [CDI], Rutgers Alcohol Problems Index [RAPI], Symptom Check List [SCL-90], Strengths and Difficulties Questionnaire [SDQ])
3. Locus of Control (Multidimensional Anxiety Locus of Control scale [MALC-ERT])
4. Quality of Life (Youth Quality Of Life [YQOL])
5. Raising style, parental stress and parental functioning (EMBU, PSI and GHQ)
6. Consumption of public health services
7. global functioning (CGAS or GAF score)

## **Overall study start date**

01/08/2007

## **Completion date**

01/10/2010

## **Eligibility**

### **Key inclusion criteria**

1. Aged 14 to 18 years
2. Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days
3. At least two other Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) criteria of Borderline Personality Disorder (BPD)
4. Minimum score of 15 on the Borderline Personality Disorder Severity Index - adolescent version

## **Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

14 Years

**Upper age limit**

18 Years

**Sex**

Not Specified

**Target number of participants**

128

**Total final enrolment**

109

**Key exclusion criteria**

1. Psychotic disorders (except short, reactive psychotic episodes)
2. Conduct disorder
3. Addiction of such severity that clinical detoxification is indicated
4. Mental retardation (Intelligence Quotient [IQ] less than 80)

**Date of first enrolment**

01/08/2007

**Date of final enrolment**

01/10/2010

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**

University Medical Centre Groningen (UMCG)

Groningen

Netherlands

9700 AR

**Sponsor information****Organisation**

Accare (The Netherlands)

## Sponsor details

Division University Centre for Child and Adolescent Psychiatry  
P.O. Box 660  
Groningen  
Netherlands  
9700 AR  
+31 (0)50 361 0973  
info@accare.nl

## Sponsor type

Research organisation

## Website

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

## ROR

<https://ror.org/02h4pw461>

# Funder(s)

## Funder type

Research organisation

## Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (The 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="#">Results article</a>	results	01/12/2012	31/12/2020	Yes	No