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Stop worrying: the effectivity of a self-help brochure for excessive worrying, with or without telephonic support

Submission date	Recruitment status	[ ] Prospectively registered
20/12/2005	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
20/12/2005	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
17/09/2008	Mental and Behavioural Disorders	[ ] Record updated in last year

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
01; NTR177

Study information

Scientific Title

Acronym
Stophetgetob

Study objectives
A self help brochure will help people decrease their excessive worrying and telephonic support will increase the effect.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local medical ethics committee

Study design
Randomised, active controlled, crossover 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
Excessive worrying, anxiety

Interventions
A self help brochure, with or without telephonic support. These exercises take one months time. In the support condition participants are contacted by telephone on a weekly basis for (minimal) support.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Decrease in worrying intensity.

Secondary outcome measures
Decrease in anxiety, depression, sleeplessness.

Overall study start date
01/05/2005

Completion date
01/10/2005

Eligibility

Key inclusion criteria
1. Normal population 18+ years
2. Self-defined excessive worrying

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
200

Key exclusion criteria
1. Under the age of 18 years
2. Undergoing psychiatric or psychological treatment
3. Using antidepressants
4. Clinical levels of anxiety and or depression

Date of first enrolment
01/05/2005

Date of final enrolment
01/10/2005

Locations

Countries of recruitment
Netherlands

Study participating centre
Vrije Universiteit
Amsterdam
Netherlands
1081 BT

Sponsor information

Organisation
Vrije University Medical Centre (VUMC) (The Netherlands)

Sponsor details
Department of Clinical Psychology
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Sponsor type
Hospital/treatment centre

Website
http://www.vumc.nl

ROR
https://ror.org/00q6h8f30

Funder(s)

Funder type
Not defined

Funder Name
Not provided at time of registration

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