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Evaluation of a manualised cognitive-behavioral intervention of work-related distress for outpatients with mental disorders

Submission date	Recruitment status	[ ] Prospectively registered
20/03/2007	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
02/05/2007	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
23/09/2021	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

Contact name
Prof Wolfgang Hiller

Contact details
Department of Clinical Psychology and Psychotherapy
Psychological Institute University of Mainz
Staudingerweg 9
Mainz
Germany
55099
-
hiller@uni-mainz.de

Additional identifiers

Study information

Scientific Title
Evaluation of a manualised cognitive-behavioral intervention of work-related distress for outpatients with mental disorders

Acronym
Arbeit: Frust oder Lust? (Work: Frustration or Enjoyment?)

Study objectives
Can an intervention focusing on work-related issues improve work satisfaction and mental health?

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Ethics Commission of the German Society of Psychology, approved on 4 October 2006.

Study design
Randomised Controlled Trial

Primary study design
Interventional

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Mental disorders, vocational distress.

Interventions
All outpatients receive cognitive behavioral therapy. Subjects have indicated vocational problems at the beginning of their outpatients treatment. After randomised assignment, the intervention group receives four sessions of cognitive behavioral group therapy. This intervention focuses on how to improve coping with vocational distress, to develop more problem-solving strategies, establish social competence skills, and improve work-life balance.

Each cognitive behavioral group therapy consists of four sessions (100 minutes per session), one session per week, over 4 weeks. The subjects randomised into the control group must wait 6 - 8 weeks to start with the same intervention.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
The primary outcomes will be measured after receipt of informed consent, after treatment and at three-month follow-up in the intervention group. In the control group they will be measured after receipt of informed consent, before treatment (i.e. after having waited), after treatment and at three-month follow-up.

1. Increase of work-related satisfaction (questionnaire for assessment of job satisfaction)
2. Improvement of mental health (Brief Symptom Inventory [BSI])
3. Reduction of social stress at work (questionnaire for assessment of social stressors at work) 4.

Improvement of coping strategies (AVEM questionnaire [Occupational stress and coping inventory])
5. Increase of motivation to deal with occupational distress during psychotherapeutic treatment (FBTM questionnaire, designed to assess work-related therapy motivation of inpatients)
6. Decrease of wish for pension (AVEM questionnaire [Occupational stress and coping inventory])

Key secondary outcome(s))
Improvement of general life satisfaction (AVEM questionnaire [Occupational stress and coping inventory]), measured after receipt of informed consent, after treatment and at three-month follow-up in the intervention group. In the control group this will be measured after receipt of informed consent, before treatment (i.e. after having waited), after treatment and at three-month follow-up.

Completion date
31/03/2008

Eligibility

Key inclusion criteria
1. Patients of the Outpatient Clinic, Psychological Institute, University of Mainz
2. Working part-time or full-time
3. Reported vocational distress
4. 18 - 65 years old
5. Indication for group intervention in addition to individual therapy
6. Informed consent

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Key exclusion criteria
1. Present or recent suicidal thoughts or behaviors
2. Current substance abuse
3. Acute psychotic or maniac symptoms
4. Dementia or neurodegenerative disorders

Date of first enrolment
01/01/2007

Date of final enrolment
31/03/2008

Locations

Countries of recruitment
Germany

Study participating centre
Department of Clinical Psychology and Psychotherapy
Mainz
Germany
55099

Sponsor information

Organisation
Outpatient Department of Psychotherapy, Psychological Institute University of Mainz (Germany)

ROR
https://ror.org/023b0x485

Funder(s)

Funder type
University/education

Funder Name
Outpatient Department of Psychotherapy of the Psychological Institute, University of Mainz (Germany)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration