

Effects of a multidisciplinary stress treatment programme

Submission date 09/02/2010	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 19/02/2010	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 09/08/2013	Condition category Mental and Behavioural Disorders	☐ 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

Protocol serial number
2002-1-46

Study information

Scientific Title
Effects of a multidisciplinary stress treatment programme: a non-randomised controlled study from a stress clinic

Study objectives
Stress treatment programme accelerate return to work

Ethics approval required

Old ethics approval format

Ethics approval(s)

Assessed by the regional Committee System on Biomedical Research Ethics in 2002. Judged as a quality development project and therefore not requiring committee approval based on the "Guidelines about Notification of a Biomedical Research Project" (ref: 2002-1-46).

Primary study design

Interventional

Study design

Non-randomised follow-up study of two treatment groups

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Adjustment disorders

Interventions

The stress treatment programme consisted of the following:

1. Identification of relevant stressors
2. Changing the coping strategies of the participants
3. Decreasing the workload and tasks
4. Relaxation techniques
5. Physical exercise
6. Psychiatric evaluation if there were a high score on the depression test

On average each patient attended six one-hour sessions during four months.

A group of 34 employees referred to the Clinic of Occupational Medicine by their GPs served as a control group. They had a one-hour consultation at baseline and after four months. All sessions were carried out by a specialist in occupational medicine.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Return to work rate

Absenteeism was registered at baseline, 4 months after and after one and two years simply by postal questionnaire. Non-responders were followed up by telephone.

Key secondary outcome(s)

Symptom score

SF-36 and Major Depression Inventory (MDI) questionnaires regarding stress symptoms were filled out at baseline, after four months and after one and two years.

Completion date

01/10/2004

Eligibility

Key inclusion criteria

1. Stress symptoms for more than a few weeks
2. Adults, male or female

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Major somatic or psychiatric disease

Date of first enrolment

01/10/2002

Date of final enrolment

01/10/2004

Locations

Countries of recruitment

Denmark

Study participating centre

Hillerød Hospital

Hillerød

Denmark

3400

Sponsor information

Organisation

Hillerød Hospital (Denmark)

Funder(s)

Funder type

Other

Funder Name

Treatment funded by the employer or insurance company of each participant

Results and Publications

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	01/11/2010		Yes	No