

Randomised controlled trial of a brief, activating treatment by social workers and usual general practitioner care for patients with minor mental disorders leading to sickness absence

Submission date

30/06/2005

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

25/08/2005

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

24/09/2007

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

2200.0100

Study information

Scientific Title

Study objectives

Is a brief, activating treatment by social workers more successful in reducing long term absenteeism and in increasing patient well-being than General Practitioners' (GPs') usual care in patients with minor mental disorders ((e.g. mild depression, generalised anxiety disorder, adjustment disorder) who are on sick leave?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Minor mental disorders

Interventions

Usual GP care or five sessions in ten weeks with a social worker trained in the technique, including homework assignments and a focus on early work resumption. The main aims of the experimental treatment were:

1. To focus on the most recent and actual problems
2. To regain functionality and control
3. To resume work as early as possible

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The groups did not differ at baseline, nor after three, six or 18 months with respect to levels of depression, anxiety, somatisation, distress, functional status or sick leave duration. In both groups, well-being improved significantly in the first months after baseline, regardless of treatment.

Key secondary outcome(s)

Patients who received the brief activating treatment by social workers reported higher satisfaction than patients who received GPs' usual care.

Completion date

31/10/2005

Eligibility

Key inclusion criteria

Included were primary care patients who:

1. Were suffering from minor mental disorder(s) according to GP and patient
2. Had paid employment
3. Were on sick leave or planning to be directly after visit to GP, but had not been on sick leave for longer than three months
4. Were aged 18 to 60 years
5. Were Dutch speaking

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

Excluded were patients who were already receiving psychotherapy, or who, according to the Composite International Diagnostic Interview (CIDI), had a Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) diagnosis of:

1. Moderately severe or severe mood disorder
2. Agoraphobia
3. Panic disorder
4. Social phobia

Date of first enrolment

05/03/2001

Date of final enrolment

31/10/2005

Locations

Countries of recruitment

Netherlands

Study participating centre
PO Box 1568
Utrecht
Netherlands
3513 CR

Sponsor information

Organisation

The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

ROR

<https://ror.org/01yaj9a77>

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands) (ref: 2200.0100)

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		01/04/2007		Yes	No