

Personal schema therapy for psychologist and psychiatrist trainees

Submission date 08/03/2018	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 03/05/2018	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 21/08/2024	Condition category Other	☐ Individual participant data ☐ Record updated in last year

Plain English summary of protocol

Background and study aims

In The Netherlands personal therapy is a mandatory part of the training program of psychologists and psychiatrists. The aim of this study is to find out more about the effects of personal therapy on the professional quality of life of healthy psychologists and psychiatrists who follow personal schema group therapy as part of their training program.

Who can participate?

Dutch speaking and reading psychologists and/or psychiatrists who follow the personal schema group therapy as part of their training

What does the study involve?

Participants undergo personal schema group therapy for 25-50 hours in total. Professional quality of life is measured using a questionnaire before the start of the personal group therapy, right at the end of the personal group therapy (5 months later) and 6 months after the second measurement.

What are the possible benefits and risks of participating?

As this is an observational study there are no benefits and risks.

Where is the study run from?

G-kracht mental health care institute (Netherlands)

When is the study starting and how long is it expected to run for?

August 2011 to August 2024

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

M. F. van Vreeswijk

Contact information

Type(s)

Public

Contact name

Mr M. F. van Vreeswijk

Contact details

Noordeinde 27A
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Netherlands
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Additional identifiers

Protocol serial number

PSTPP

Study information

Scientific Title

The effects of personal schema therapy on the professional quality of life of psychologists and psychiatrist trainees

Study objectives

Participants of the schema personal therapy will have improvements in their professional quality of life and will have a reduction of maladaptive schema's and modes.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Since this study will be a patient file study of measurements which are part of Routine Outcome of personal therapy and no additional measurements or experimental interventions will be done for research purposes for this study no ethical approval is needed under the Dutch law

Primary study design

Observational

Study design

Observational longitudinal study

Study type(s)

Other

Health condition(s) or problem(s) studied

Personal schema group therapy for psychologists and psychiatrist as part of their training program

Interventions

Personal schema group therapy for 25-50 hours in total

In the Netherlands psychologists and psychiatrist who are in training have to follow psychotherapy (=personal therapy) themselves. The idea behind it is that in personal therapy they become more aware of their own blind spots, they can work on their own pitfalls, they experience at first hand how it is to be a patient and in doing so they will become better therapists. If it is really necessary for therapists to have been in personal therapy is in debate. Some people say that personal therapy will not be helpful at all for therapists.

This study aims to get more insight in what happens with the professional quality of life of therapists who have been in personal therapy. Is there a positive change in the experience of professional quality of life and do the pitfalls of the therapists decrease?

Intervention Type

Other

Primary outcome(s)

Professional quality of life: compassion satisfaction, compassion fatigue, burnout, secondary trauma, vicarious traumatization and transformation, measured using the Professional quality of life questionnaire (Proqol) before the start of the personal group therapy, right at the end of the personal group therapy (5 months later) and 6 months after the second measurement

Key secondary outcome(s)

1. Young Schema Questionnaire (YSQ) measures 16 schemas before the start of the personal group therapy and right at the end of the personal group therapy (5 months later)
2. Schema mode inventory (SMI) measures 14 schema modes before the start of the personal group therapy and right at the end of the personal group therapy (5 months later)

Completion date

31/08/2024

Eligibility

Key inclusion criteria

Dutch speaking and reading psychologists and/or psychiatrists who follow the personal schema group therapy as part of their training

Participant type(s)

Health professional

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

Key exclusion criteria

Those with severe psychopathology for which psychotherapy or admission to a psychiatric hospital is necessary

Date of first enrolment

01/01/2012

Date of final enrolment

01/08/2023

Locations**Countries of recruitment**

Netherlands

Study participating centre

G-kracht mental health care institute

Keizersgracht 188-G

Amsterdam

Netherlands

1016 DW

Sponsor information**Organisation**

G-kracht mental health care institute

Funder(s)**Funder type**

Other

Funder Name

Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from M. F. Van Vreeswijk. For privacy reasons only the outcomes of the Proqol, YSQ, SMI will be shared and no other information. It will only be shared with researchers with a PhD and only after they have clearly and plainly stated for what reasons they want to have access to the data, how they will use the data and only when they state that they inform the contact person at any time about the process of the use of the data and allow the contact person to block further use of the data in any form at any time.

IPD sharing plan summary

Available on request