

Examining the efficacy of attentional bias re-training in reducing pre-sleep cognitive arousal and insomnia symptoms

Submission date 14/05/2018	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 05/06/2018	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 29/04/2019	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

People with insomnia display a tendency to show increased attention towards cues which are related to sleep (i.e. sleep-related cues). These can be internal in nature (e.g. bodily sensations whilst trying to sleep) or external (checking the clock/time whilst trying to fall asleep). This behaviour in turn leads people with insomnia to feel more anxious about sleep and can actually make the sleep disturbance worse. This study aims to use a computer-based task delivered online (i.e. attentional bias modification) to train such attention away from sleep-related cues.

Who can participate?

Adults with insomnia

What does the study involve?

Participants are randomly allocated to either online attentional bias modification training, or to a standard online attentional bias task (non-treatment). All participants allocated to the non-treatment are offered the attentional bias modification training once the study is complete. The total duration of treatment is 9 days, with follow-up on the 9th and the 16th day (one week after treatment is complete).

What are the possible benefits and risks of participating?

This study has the potential benefit of reducing symptoms of insomnia and the amount of time it takes to fall asleep. No major risks are anticipated with participation in this study. Whilst the experimental computer based task is relatively short, some may find this uncomfortable (e.g. experience of eye strain) due to its repetitive nature.

Where is the study run from?

Sheffield Hallam University (UK)

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

May 2018 to February 2019

Who is funding the study?
Sheffield Hallam University (UK)

Who is the main contact?
Dr Umair Akram
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
ER5451619

Study information

Scientific Title
A randomised controlled trial to examine the therapeutic potential of attentional bias modification training for insomnia

Acronym
N/A

Study objectives
This study will examine the efficacy of using attentional bias modification to reduce symptom severity, pre-sleep arousal and sleep onset latency in insomnia. As research in this area is limited, with the evidence based mixed, the trialists offer no a priori hypothesis. Despite the lack of hypothesis, this exploratory study could show therapeutic potential of attentional bias modification for insomnia.

Ethics approval required
Old ethics approval format

Ethics approval(s)

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Insomnia disorder

Interventions

This study will use a simple randomisation with an allocation ratio of 1:1 which will be carried out by the automated online system. Participants will be randomised to an online attentional bias modification training condition, or to a standard attentional bias task (non-treatment) control condition. Both conditions will be delivered online by a web platform. All participants allocated to the non-treatment control group will be offered ABM training once the study is complete.

Total duration of treatment: 9 days, with follow-up 1 being on the 9th day, follow-up 2 on the 16th (one week after experimental protocol is complete).

Intervention Type

Other

Primary outcome(s)

Primary outcome measure as of 25/09/2018:

1. Sleep-related attentional bias (i.e. vigilance, disengagement) assessed using a dot-probe task consisting of sleep-negative and neutral words at baseline (day1) and then again on day 9
2. Insomnia severity measured by the Insomnia Severity Index at baseline (day 1), on completion of experimental protocol (day 9), and on day 16
3. Sleep onset latency measured by a sleep diary at baseline (day 1) and on completion of experimental protocol (day 9)
4. Pre-sleep cognitive arousal measured by the Pre-Sleep Cognitive Arousal Scale prior to sleep on days where the experiment will be administered (days 3-7)

Previous primary outcome measure:

1. Sleep-related attentional bias (i.e. vigilance, disengagement) assessed using a dot-probe task consisting of sleep-negative and neutral words at baseline (day1) and then again on day 9
2. Insomnia severity measured by the Insomnia Severity Index at baseline (day 1), on completion of experimental protocol (day 9), and on day 16
3. Sleep onset latency measured by a sleep diary at baseline (day 1) and on completion of experimental protocol (day 9)
4. Pre-sleep cognitive arousal measured by the Pre-Sleep Cognitive Arousal Scale prior to sleep on days where the experiment will be administered (day 3, 5 and 7)

Key secondary outcome(s)

Safety and monitoring behavior, assessed using the SAMI at baseline (day 1), 9 and 16

Completion date

31/01/2020

Eligibility

Key inclusion criteria

1. Adult members from the general population who meet the DSM-5 criteria for Insomnia Disorder
2. Dissatisfaction with sleep characterized by either a difficulty initiating or maintaining sleep or early morning awakenings
3. Insomnia should be present for three or more nights per week, for at least three months, and cause significant daytime impairment
4. These conditions must be met despite an adequate opportunity to sleep

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Symptoms of a sleep/wake disorder other than insomnia
2. Existing psychiatric illness
3. Central nervous system disorder
4. Use of medication that may affect sleep
5. Prior head injury
6. Current shift-work

Date of first enrolment

10/05/2018

Date of final enrolment

05/02/2019

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Sheffield Hallam University
Sheffield
United Kingdom
s10 2bp

Sponsor information

Organisation

Sheffield Hallam University

ROR

<https://ror.org/019wt1929>

Funder(s)

Funder type

University/education

Funder Name

Sheffield Hallam University

Alternative Name(s)

Funding Body Type

Private sector organisation

Funding Body Subtype

Universities (academic only)

Location

United Kingdom

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 Dr Umair Akram (u.akram@shu.ac.uk, u.akram@outlook.com). Data will become available after publication of the final outcomes. This will be in the form of raw data scores for each participant. Participant demographics will be available, however no identifying information will be provided.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	19/10/2018		Yes	No