ISRCTN14881571 https://doi.org/10.1186/ISRCTN14881571

The effectiveness of the Internet 'Self-Examination Therapy (SET)' on anxiety, depression and burn-out: a randomised trial

Submission date	Recruitment status	[_] Prospectively registered
09/01/2006	No longer recruiting	[_] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
09/01/2006	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
23/10/2020	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Petra Boluijt

Contact details
VU University Medical Center
FPP
Clinical Psychology
Van der Boechorststraat 1
Almere
Netherlands
1081 BT
+31 (0)20 5988265
pr.boluijt@psy.vu.nl

Additional identifiers

Protocol serial number
NTR506

Study information

Scientific Title
The effectiveness of the Internet 'Self-Examination Therapy (SET)' on anxiety, depression and burn-out: a randomised trial

Acronym
SET (Self Examination Therapy)

Study objectives
The Internet 'Self-Examination Therapy' (SET) on anxiety, depression and burn-out will be effective in reduction of complaints (depression, anxiety, burn-out).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Received from the local medical ethics committee.

Primary study design
Interventional

Study design
Randomised controlled crossover trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Depression, anxiety disorders, burnout

Interventions
Originally SET was developed as a self-help book which effectiveness has been demonstrated. We developed a Dutch version of SET which can be administered through the Internet. The course takes 4 weeks and about half an hour each day. E-mail contact takes place to assist the participants in accomplishing the course. It is a generic method and it encourages the participants to:
1. Determine what matters to them
2. Think less negatively about things that do not matter to them
3. Invest their energy in things that are important to them
4. Accept situations they cannot change

The intervention will be compared to a waiting list control group.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Reduction of complaints (depression, anxiety, burn-out). This will be measured at the end of the intervention.

Key secondary outcome(s)
Quality of life as measured at the end of the intervention. Furthermore, three months post-intervention a follow-up will take place to test the hypotheses that the reduction in complaints are maintained.

Completion date
01/07/2006

Eligibility

Key inclusion criteria
18 years or older

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
213

Key exclusion criteria
Does not comply with the above inclusion criteria

Date of first enrolment
26/11/2005

Date of final enrolment
01/07/2006

Locations

Countries of recruitment
Netherlands

Study participating centre

VU University Medical Center
Almere
Netherlands
1081 BT

Sponsor information

Organisation
Vrije University Medical Centre (VUMC) (The Netherlands)

ROR
https://ror.org/00q6h8f30

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
Vrije University Medical Centre (VUMC) (The Netherlands) - Department of Clinical Psychology

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	25/03/2008	23/10/2020	Yes	No