

The effectiveness of dialectical behavioral therapy to treat adults with internet addiction during the COVID-19 pandemic

Submission date 02/10/2021	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 12/10/2021	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 07/07/2022	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol

Background and study aims

Excessive use of the internet can lead to addiction. Currently, there are no guidelines on the management of internet addiction. Dialectical behavioral therapy (DBT), an adaptation of cognitive-behavioural therapy (CBT), is a behavioral therapy that emphasizes mindfulness practice and acceptance-based interventions. The aim of this study is to assess DBT as a therapy in patients with internet addiction.

Who can participate?

Indonesian adults aged 18 – 40 years who went to Dr Cipto Mangunkusumo General Hospital Addiction Clinic

What does the study involve?

Participants are divided into two groups to receive either the DBT skill group training intervention or individual psychotherapy (brief cognitive and behavioral therapy [CBT]). All participants complete several questionnaires. The intervention group undergo eight therapy sessions with a 1-week interval, while the control group undergo four sessions with a 2-week interval. All therapy is performed using an online video platform (e.g., video call or Zoom). After the therapy sessions are completed, the participants are assessed by another research team member who does not know what type of treatment was given.

What are the possible benefits and risks of participating?

The advantages of participating in this study when participating in the intervention group are getting non-pharmacological therapy in the form of DBT and making new friends to share experiences and share advice about internet addiction and ways to prevent internet addiction. Participants have the advantage of getting non-pharmacological therapy that has never been used in Indonesia before. If joining in the control group, participants also still benefit from getting individual treatment in the form of CBT. There is no significant risk when participating in this study because this study is a non-pharmacological intervention.

Where is the study run from?
Dr Cipto Mangunkusumo General Hospital (Indonesia)

When is the study starting and how long is it expected to run for?
August 2020 to November 2020

Who is funding the study?
University of Indonesia

Who is the main contact?
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Additional identifiers

Protocol serial number

KET-866/UN2.F1/ETIK/PPM.00.02/2020

Study information

Scientific Title

Dialectical behavioral therapy for adults with internet addiction: a clinical trial in the COVID-19 pandemic era

Study objectives

Online dialectical behavioral therapy (DBT) group training is more effective at treating patients with internet addiction compared to the control group receiving individual psychotherapy of brief cognitive and behavioral therapy (CBT).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 10/08/2020, The Institutional Ethics Committee of the Faculty of Medicine, Universitas Indonesia – Dr. Cipto Mangunkusumo General Hospital (Jl. Salemba Raya No.6, Senen, Central Jakarta, DKI Jakarta, Indonesia, 10430; +62 (0)213157008; ec_fkui@yahoo.com), ref: KET-866/UN2.F1/ETIK/PPM.00.02/2020

Primary study design

Interventional

Study design

Single-center quasi-experimental trial design without matching non-equivalent control group design non-randomized masking for the statistician and the assessor

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Internet addiction

Interventions

Subjects who met the inclusion and exclusion criteria were allocated using consecutive sampling. All participants complete several questionnaires such as sociodemographic questionnaire, Internet Addiction Test (IAT), Rosenberg Self-Esteem Scale (RSES), Temperament and Character Inventory (TCI), University of Rhode Island Change Assessment (URICA), and Mini International Neuropsychiatric Interview for International Classification of Disease-10 (MINI ICD-10).

The intervention group undergoes eight Dialectical Behavioral Therapy (DBT) sessions with a 1-week interval, while the control group undergoes four brief Cognitive Behavioral Therapy (CBT) sessions with a 2-week interval.

The DBT skill group training consists of introducing DBT and orientation to mindfulness, mindfulness, emotion regulation, orientation to distress tolerance, distress tolerance, orientation to interpersonal effectiveness, and interpersonal effectiveness. Each DBT skill group

training session is conducted for 90 minutes. Therapies in the intervention and control group are performed via an online video platform. After the therapy sessions are completed, the subjects are assessed by another research team member who does not know what type of treatment was given to the subject. Participants are assessed using the IAT and URICA after therapy.

Intervention Type

Behavioural

Primary outcome(s)

The effectiveness of DBT-IA at improving internet addiction after 8 weeks of therapy sessions measured by:

1. Internet Addiction Test (IAT) score
2. Duration of internet use

Key secondary outcome(s)

Motivation for change measured using URICA after 8 weeks of therapy sessions

Completion date

23/11/2020

Eligibility**Key inclusion criteria**

Adults aged 18 – 40 years diagnosed with internet addiction who went to Dr Cipto Mangunkusumo General Hospital Addiction Clinic

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Total final enrolment

40

Key exclusion criteria

Comorbid severe mental disorders

Date of first enrolment

11/08/2020

Date of final enrolment

02/09/2020

Locations

Countries of recruitment

Indonesia

Study participating centre

Dr Cipto Mangunkusumo General Hospital

Jl. Pangeran Diponegoro No. 71

Senen

Central Jakarta

Indonesia

10430

Sponsor information

Organisation

University of Indonesia

ROR

<https://ror.org/0116zj450>

Organisation

Rumah Sakit Umum Pusat Nasional Dr. Cipto Mangunkusumo

ROR

<https://ror.org/05am7x020>

Funder(s)

Funder type

University/education

Funder Name

Universitas Indonesia

Alternative Name(s)

University of Indonesia, UI

Funding Body Type

Government organisation

Funding Body Subtype

Universities (academic only)

Location

Indonesia

Results and Publications

Individual participant data (IPD) sharing plan

Data are available from the Ethics Committee of the Faculty of Medicine University of Indonesia for researchers who meet the criteria for access to confidential data. Data requests should be submitted to ec_fkui@yahoo.com.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		30/06/2022	07/07/2022	Yes	No
Protocol file		07/10/2021	11/10/2021	No	No