

Evaluation of a group training for adolescents (emotion regulation training) with emotion regulation problems

Submission date
19/12/2005

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
19/12/2005

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
13/06/2014

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

Contact name

Dr H.M. Schuppert

Contact details

University Medical Center Groningen
Department of Psychiatry
P.O. Box 30001
Groningen
Netherlands
9700 AR
m.schuppert@accare.nl

Additional identifiers

Protocol serial number

1558; NTR356

Study information

Scientific Title

Study objectives

Adolescents with emotion regulation problems who followed the emotion regulation training will show improvement on the following items:

1. Symptoms of emotional dysregulation
2. Positive and negative coping behaviour
3. Stress symptoms in the adolescent
4. Stress symptoms in the parents (or care-takers)
5. Consumption of public health services

Compared to a waitlist control group

Ethics approval required

Old ethics approval format

Ethics approval(s)

Received from the local medical ethics committee

Primary study design

Interventional

Study design

Multicentre randomised single-blind active-controlled parallel-group trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Psychiatric, mental disorders/illness, borderline personality disorder

Interventions

The emotion regulation training (ERT) is a skills training (17 weekly sessions of 1.75 hours as well as one session for significant others) based on psycho-education, cognitive behavioural principles, and exercises for relaxation.

Care as usual generally includes individual sessions with the adolescent and medication checks, sometimes combined with family sessions, crisis intervention or parent training.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Borderline Personality Disorder Severity Index (BPDSI and BPDSI - parent version): a semi-structured interview based on the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) classification of psychopathology. Trained psychologists will conduct this semi-structured interview.
2. VERS-scale: to measure negative as well as positive behaviour in a certain period. This questionnaire is to be completed by the adolescent as well as the parents.

Key secondary outcome(s)

Questionnaires completed by the adolescents as well as the parents:

1. Frequency list of Emotion Regulation Problems (F-ERP)
2. Global Assessment of Functioning (GAF): present level of functioning (axis V of DSM-IV)
3. MALC-ERT: list of 18 items to draw up an inventory of cognitions on emotional dysregulation (locus of control)
4. Child Behaviour Checklist (CBCL): consists of 118 items describing a wide domain of behaviour problems of children

Questionnaire only to be completed by parents:

Nijmeegse Ouderlijke Stress Index (NOSI; Parental Stress Index): to measure stress in parents (124 items)

Questionnaire only to be completed by the adolescent:

Healthcare consumption: a short list to be completed weekly during the training, about different types of healthcare being used in the last week (e.g. primary healthcare, emergency rooms, crisis contact psychiatry department).

Completion date

01/09/2006

Eligibility

Key inclusion criteria

1. Age 14 - 18 years
2. Emotion regulation problems
3. Some self-awareness
4. Sufficient internal motivation
5. Willing to share his or her experiences in a group
6. Environment is rather stable
7. Capable to join a group-session without aggressive behaviour
8. No substance abuse and self-mutilating behaviour during the session

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

If the adolescent does not meet the inclusion criteria.

Date of first enrolment

01/06/2005

Date of final enrolment

01/09/2006

Locations

Countries of recruitment

Netherlands

Study participating centre

University Medical Center Groningen

Groningen

Netherlands

9700 AR

Sponsor information

Organisation

University Medical Centre Groningen (UMCG) (Netherlands)

ROR

<https://ror.org/03cv38k47>

Funder(s)

Funder type

Not defined

Funder Name

Not provided at time of registration

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	01/11/2009		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes