

A study into the effectiveness of a single-session relational skills training

Submission date 19/06/2026	Recruitment status Recruiting	☒ Prospectively registered ☐ Protocol
Registration date 03/07/2026	Overall study status Ongoing	☐ Statistical analysis plan ☐ Results
Last Edited 03/07/2026	Condition category Mental and Behavioural Disorders	☐ Individual participant data ☒ Record updated in last year

Plain English summary of protocol

Background and study aims

Personality pathology is characterised by instability in emotions, identity, and interpersonal relationships. Youth with features of borderline personality disorder (BPD) often experience difficulties with emotion regulation, impulse control, and maintaining stable relationships. These difficulties can substantially interfere with developmental tasks typical for adolescence, such as forming an identity, developing close friendships and romantic relationships, and navigating changing relationships with parents or caregivers. Youth with BPD features are more likely to experience negative life events, interpersonal difficulties, school dropout, and self-destructive behaviors such as self-harm and suicidality. These problems could already be recognized at subthreshold level. Despite the importance of social support as a protective factor in reducing self-destructive behaviors, many youth and their close others find it difficult to openly discuss sensitive topics such as self-harm, suicidality, or risk-taking behaviors, often due to fear of negative reactions or feelings of shame and guilt.

SHARE is a single-session systemic intervention embedded within the GGz Centraal HYPE program and based on the principles of Cognitive Analytic Therapy (CAT). The intervention focuses on helping youth and their close others explore how conversations about sensitive topics have occurred in the past and practise more supportive ways of communicating about these issues. By identifying relational patterns and practising new interactional skills together, the intervention aims to foster more self-disclosure, connectedness, and support between youth and their close others. The present study aims to evaluate the effectiveness of SHARE in helping youth and their close others practise skills for sharing sensitive concerns and improving supportive communication within their relationships.

Who can participate?

Youth aged 12-25 years (inclusive) who are starting treatment at GGz Centraal HYPE (a mental health institution department in the Netherlands for youth with characteristics of personality pathology).

What does the study involve?

Participants are randomly allocated to either the intervention or control condition in the starting phase of their treatment. Both groups complete a set of questionnaires at inclusion and after four weeks (with possible extension to eight weeks, based on practical scheduling). Participants

in the intervention condition participate in a SHARE therapy session after inclusion. This session consists of one additional session with the young person and their close other(s) to practise skills for sharing. Participants in the control condition will receive care as usual. SHARE is a single-session intervention with youth and their close other(s), developed as a semi-structured intervention. The session starts with a short introduction, after which the young person and their close other(s) separate to prepare the session in 15 minutes. The young person prepares with a psychologist, and the close other(s) with a systemic therapist. After 15 minutes, the joint conversation starts, focusing on skills needed for sharing. The session closes with a short recap and writing an important message on a card to take home.

What are the possible benefits and risks of participating?

Participants in both groups will complete questionnaires that are linked to the patient care system, allowing clinicians to use the results in the ongoing treatment. This may support clinical care by providing additional insight into the youth's experiences and progress. Participants in the intervention condition will additionally be invited to attend the SHARE therapy session, where they have the opportunity to practise skills for sharing. Their participation will be reported in their file. The burden associated with completing the questionnaires is minimal and reimbursed by making the results available for clinical care. There are no risks expected with participation in the study, as the youth are carefully embedded in treatment at GGz Centraal, following the quality monitoring of the WGBO. This means that it will be possible to talk further about topics discussed during the SHARE session in their treatment-as-usual.

Where is the study run from?

GGz Centraal (e.g., HYPE, Centre of Expertise on Early Intervention for Borderline Personality Disorder), Amersfoort, The Netherlands

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

July 2026 to April 2029

Who is funding the study?

Zorgondersteuningsfonds (ZoF; The Netherlands)

Who is the main contact?

Dr Christel Hessels, share@ggzcentraal.nl

Contact information

Type(s)

Principal investigator

Contact name

Dr Christel Hessels

Contact details

Piet Mondriaanlaan 6

Amersfoort

Netherlands

3812 GV

+31 (0)33 4603 502

c.hessels@ggzcentraal.nl

Type(s)

Scientific

Contact name

Ms Isa Swinkels

Contact details

Piet Mondriaanlaan 6

Amersfoort

Netherlands

3812 GV

+31 (0)6-23775602

i.swinkels@ggzcentraal.nl

Type(s)

Public

Contact name

Ms Isa Swinkels

Contact details

Piet Mondriaanlaan 6

Amersfoort

Netherlands

3812GV

+31 (0)6-23775602

share@ggzcentraal.nl

Additional identifiers

Study information

Scientific Title

Support and Help for Adolescents in Responding to social Experiences (SHARE): a randomized controlled trial into the effectiveness of a single-session systemic intervention to practise skills for sharing between young people and their loved ones.

Acronym

SHARE

Study objectives

1. The SHARE therapy session enhances self-disclosure in youth 12-25 years old.
2. The SHARE therapy session enhances experienced social support in youth 12-25 years old.
3. The SHARE therapy session enhances feelings of connectedness in youth 12-25 years old.

Ethics approval required

Ethics approval required

Ethics approval(s)

Primary study design

Interventional

Allocation

Randomized controlled trial

Masking

Open (masking not used)

Control

Active

Assignment

Parallel

Purpose

Treatment

Study type(s)**Health condition(s) or problem(s) studied**

Personality pathology

Interventions

This study is a randomised controlled trial (RCT) into the effectiveness of the SHARE intervention, a single-session intervention aimed at helping young people and their close others practise skills for sharing. Youth aged 12-25 years (inclusive) in treatment at GGz Centraal (e.g., HYPE, early intervention for young people with personality pathology in the Netherlands) are approached. If eligible and willing to participate, they are randomly assigned to either the intervention or control condition. The control condition entails a treatment-as-usual condition. Blinding of researchers and participants is not possible given the design of the study.

The SHARE therapy session is a single-session intervention in addition to the regular treatment for young people between 12 and 25 years old. During this 90-minute session, the young person and one or more close others practise skills for sharing. The audio of this session will be recorded and transcribed. Participants in the control condition receive treatment-as-usual. Stratified block randomisation is used to allocate participants to the intervention or control condition with a 1:1 ratio, incorporating three age groups (i.e., 12-15, 16-20 and ≥ 20 years). This randomisation is done by an employee from GGz Centraal who is not directly related to the research project. Participants in both the control and intervention conditions complete a set of questionnaires at baseline and after 4-8 weeks. After this phase, participants of both conditions receive regular treatment procedures.

Intervention Type

Behavioural

Primary outcome(s)

1. Self-disclosure measured using 6-item version of the Utrechtse Coping Lijst (UCL), and 10-item version of the Close Persons Questionnaire (CPQ) at baseline (start of treatment) and after 4 weeks, and an open-ended question on self-disclosure at baseline, immediately after the intervention session (if applicable) and after 4 weeks
2. Social support measured using 11-item version of the Network of Relationships Inventory-Behavior Systems Version (NRI-BSV) at baseline (start of treatment) and after 4 weeks about all close others that will participate in the SHARE therapy session, and an open-ended question on social support at baseline, immediately after the intervention session (if applicable) and after 4 weeks
3. Connectedness measured using 8-item version of the Social Connectedness Scale (SCS) at baseline (start of treatment) and after 4 weeks, and an open-ended question on connectedness at baseline, immediately after the intervention session (if applicable) and after 4 weeks

Key secondary outcome(s)

1. Satisfaction with the SHARE therapy session measured using the Client Satisfaction Questionnaire-4 (CSQ-4) at baseline (start of treatment) and after 4 weeks
2. Loneliness measured using the De Jong Gierveld Scale at baseline (start of treatment) and after 4 weeks
3. Emotion regulation measured using 18-item version of the Difficulties in Emotion Regulation Scale (DERS) at baseline (start of treatment) and after 4 weeks
4. Quality of life measured using the short version of the Recovering Quality of Life (ReQoL) at baseline (start of treatment) and after 4 weeks
5. Personality functioning: measured using SCID-II Screener BPD section, Borderline Symptom List – behavioural items (BSL), Levels of Personality Functioning Scale 2.0 (LPFS-BF 2.0) at baseline (start of treatment) and after 4 weeks
6. Developmental milestones measured using the Developmental Milestones List at baseline (start of treatment) and after 4 weeks
7. Psychopathology: measured using a Dutch extension of the Strengths and Difficulties Questionnaire; Screeningsinstrument Psychische stoornissen (SPSY) at baseline (start of treatment) and after 4 weeks
8. Program integrity measured using (open-ended) questions related to program integrity filled out by the young person, close other(s) and therapist at immediately after the intervention session

Completion date

01/04/2028

Eligibility

Key inclusion criteria

1. Starting treatment at GGz Centraal HYPE (a mental health institution department in the Netherlands for youth with characteristics of personality pathology)
2. Age 12-25 years (inclusive)

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

12 Years

Upper age limit

25 Years

Sex

All

Total final enrolment

0

Key exclusion criteria

1. Insufficient understanding and skills in the Dutch language

Date of first enrolment

07/07/2026

Date of final enrolment

01/03/2028

Locations**Countries of recruitment**

Netherlands

Study participating centre

GGz Centraal

Piet Mondriaanlaan 6

Amersfoort

Netherlands

Sponsor information

Organisation

GGZ centraal

ROR

<https://ror.org/01m0gv380>

Funder(s)**Funder type****Funder Name**

Zorgondersteuningsfonds (ZoF)

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not expected to be made available