

# Efficacy of a Cognitive Behavioural group Therapy (CBT) for compulsive buying disorder

<b>Submission date</b> 11/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/11/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 22/11/2007	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Astrid Mueller

**Contact details**  
Department of Psychosomatic Medicine and Psychotherapy  
University Hospital of Erlangen  
Schwabachanlage 6  
Erlangen  
Germany  
D-91054  
+49 (0)9131 85 34890  
astrid.mueller@uk-erlangen.de

## Additional identifiers

## Study information

**Scientific Title**

### Study objectives

Disorder specific group Cognitive Behavioural Therapy (CBT) can improve the compulsive buying behaviour.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics approval received from the Institutional Ethics Committee of the University Hospital of Erlangen (Germany) on the 27th August 2003 (ref: 3008).

## **Study design**

Randomised, controlled, efficacy study comparing CBT with waiting list control.

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Compulsive buying disorder

## **Interventions**

This trial is a randomised controlled trial comparing a treatment group with a waiting list control group (2 arms). Because of logistical difficulties a simultaneous conduction of groups was not feasible in this monocentric study. Patients were assigned to groups upon enrolment, which were subsequently randomised to one of two conditions. Thirty-one participants were assigned to one of five CBT groups, and 29 individuals to one of five Waiting List Control (WLC) groups. Participants were blind to the randomisation.

### **Intervention:**

12-weekly outpatient disorder specific group CBT-sessions specifically aiming at interrupting and controlling the problematic buying behaviour, establishing healthy purchasing patterns, restructuring maladaptive thoughts and negative feelings associated with shopping and buying, and developing healthy coping skills.

### **Control:**

Waiting list control.

Treatment lasted 12 weeks with one 90-minutes session per week. Groups were conducted with 5 - 8 participants. Follow-up was for 6 months after finishing the treatment for all participants.

## **Intervention Type**

Other

## **Phase**

Not Specified

## **Primary outcome(s)**

1. Compulsive Buying Scale (CBS)
2. Yale-Brown Obsessive Compulsive Scale - Shopping Version (Y-BOCS-SV)
3. German Compulsive Buying Scale (G-CBS)

All participants were assessed at baseline. Participants assigned to CBT were assessed at the end of treatment and at the end of a 6-months follow-up period. Individuals assigned to the WLC were reassessed 12 weeks after the baseline assessment. All assessments were conducted by research staff members who remained blind to the treatment assignment throughout the study. Participants completed all self-report questionnaires during the assessment visits.

### **Key secondary outcome(s)**

1. Symptom Check-List-90-R (SCL-90-R)
2. Barratt Impulsiveness Scale (BIS-11)
3. Saving Inventory - Revised (SI-R)

All participants were assessed at baseline. Participants assigned to CBT were assessed at the end of treatment and at the end of a 6-months follow-up period. Individuals assigned to the WLC were reassessed 12 weeks after the baseline assessment. All assessments were conducted by research staff members who remained blind to the treatment assignment throughout the study. Participants completed all self-report questionnaires during the assessment visits.

### **Completion date**

30/05/2007

## **Eligibility**

### **Key inclusion criteria**

1. Current compulsive buying problems according to the criteria of McElroy et. al. (1994)
2. Aged 18 and over

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

All

### **Key exclusion criteria**

1. Active suicidal ideation
2. Current mania

### **Date of first enrolment**

01/11/2003

### **Date of final enrolment**

30/05/2007

## Locations

### Countries of recruitment

Germany

### Study participating centre

Department of Psychosomatic Medicine and Psychotherapy

Erlangen

Germany

D-91054

## Sponsor information

### Organisation

University Hospital of Erlangen (Germany)

### ROR

<https://ror.org/0030f2a11>

## Funder(s)

### Funder type

Hospital/treatment centre

### Funder Name

University Hospital of Erlangen (Germany) - Erlanger Leistungsbezogene Anschubfinanzierung und Nachwuchsforderung (ELAN) fund

### Funder Name

Bavarian Savings Bank Foundation (Germany)

## 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?
<a href="#">Results article</a>	Results	01/11/2007		Yes	No