

Effectiveness of a Minimal Intervention Strategy for patients with common mental disorders on sick leave: a pragmatic randomized controlled trial in General Practice

Submission date 17/01/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 19/04/2005	Overall study status Completed	☐ Protocol
Last Edited 15/04/2010	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
4200.0003

Study information

Scientific Title

Acronym

MISS

Study objectives

The objective of this study is to assess the effectiveness of the minimal intervention package (MISS) for distressed patients in general practice.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Common mental disorders and sick leave

Interventions

This study is a pragmatic randomized controlled trial in general practice. Forty GPs will be randomized to the intervention group or the usual care group. The GPs in the intervention group will receive training in the implementation of the MISS intervention. This intervention package has been developed to assist the GPs in dealing with distressed patients. Within the limits of three 10-minute consultations, the GP should be able to:

1. Detect significant depression and anxiety, and to deal with it specifically
2. Educate the patient about distress and the best ways to cope with the situation
3. Advise the patient to see an occupational physician
4. Evaluate any progress four weeks later, and refer the patient to a psychological professional if no progress has been made

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Duration of occupational disability

Key secondary outcome(s))

Social functioning/quality of life, application for disability benefit after one year of sick leave (WAO), unemployment, psychological symptoms, and utilization of medical services. The outcomes will be assessed after 2, 6 and 12 months of follow-up.

Completion date

31/01/2005

Eligibility

Key inclusion criteria

Patients (20-60 years old) who visited their GP, having distress complaints, paid work and sick leave no longer than three months

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Severe psychiatric disorders (mania or psychosis), patients who were terminally ill or who couldn't speak Dutch properly.

Date of first enrolment

01/09/2003

Date of final enrolment

31/01/2005

Locations

Countries of recruitment

Netherlands

Study participating centre

van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

Sponsor information

Organisation

The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

ROR

<https://ror.org/01yaj9a77>

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

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	04/05/2006		Yes	No
Results article	results	01/06/2007		Yes	No
Results article	results	01/02/2010		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes