

A cognitive behavioural treatment programme for children with chronic abdominal pain

Submission date 15/09/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 03/11/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 29/12/2020	Condition category Digestive System	<input type="checkbox"/> 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

Study information

Scientific Title
Evaluation of a cognitive behavioural treatment programme for children with chronic abdominal pain: a randomised controlled trial

Acronym
STOPCAP

Study objectives

The main goal of the study is to investigate if the cognitive behavioural treatment ('Stop the Pain') is able to decrease the frequency and intensity of pain symptoms as well as to increase the quality of life as compared to 'wait-list-controls' (control group [CG]). The main hypothesis is that the treatment group (EG) will experience an improvement in pain-related coping skills and pain-related cognitions in comparison to the CG.

Publication on the pilot study (in German): Warschburger, P. & Gross, M. (2008). "Stopp den Schmerz" ein kognitiv-behaviorales Behandlungsprogramm für Kinder mit Bauchschmerzen. Erste Ergebnisse einer Pilotstudie. Verhaltenstherapie, 18, 162-167.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of the University of Potsdam, 11/06/2008

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Chronic abdominal pain

Interventions

The developed and pilot-tested cognitive-behavioural treatment programme includes the following:

For children:

1. Guided relaxation
2. Information on CAP
3. Coping strategies
4. Altering negative cognitions

Children attend at least 6 weekly sessions (90 minutes each). The courses will be taught by psychologists.

For adults:

1. Information on the etiology and maintenance of CAP
2. How to support their child in pain-related coping

Adults attend one 2-hour training session. The course will be taught by psychologists and nutritionists.

The control group will receive only usual care during the interventions. They will have the opportunity to receive the same interventions once the trial has been completed.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Abdominal pain (frequency and intensity). Intensity of pain is measured using the Visual Analogue Scale (VAS) score (0 = no pain, 10 = unbearable pain).
2. Quality of life:
 - 2.1. Quality of Life Inventory™ (PedsQL™)
 - 2.2. Generic children's health-related quality of life (KINDL-R)

All primary and secondary outcomes will be measured at baseline, post-interventions and 3-month follow-up.

Key secondary outcome(s)

1. Coping with pain, assessed by PedsQL™ Pediatric Pain Coping Inventory (PedsQL™-PPCI)
2. Stress vulnerability (scale of SSKJ 3-8, Fragebogen zur Erhebung von Stress und Stressbewältigung im Kindes- und Jugendalter)

All primary and secondary outcomes will be measured at baseline, post-interventions and 3-month follow-up.

Completion date

31/12/2009

Eligibility

Key inclusion criteria

1. Age: 8-12 years, either sex
2. Informed consent (parent and children) to participate in the study
3. Children must have suffered from abdominal pain for at least three months
4. Pain occurs frequently (once a week), episodes of pain are severe enough to affect the child's activities

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

8 Years

Upper age limit

12 Years

Sex

All

Total final enrolment

29

Key exclusion criteria

1. Previous participation in a similar intervention for chronic abdominal pain (CAP)
2. CAP as a consequence of psychiatric disorders (e.g. depression, anxiety disorder)

Date of first enrolment

01/08/2008

Date of final enrolment

31/12/2009

Locations**Countries of recruitment**

Germany

Study participating centre

Karl-Liebknecht-Str. 24-25

Potsdam

Germany

14476

Sponsor information**Organisation**

University of Potsdam (Germany)

ROR

<https://ror.org/03bnmw459>

Funder(s)**Funder type**

Government

Funder Name

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	01/09/2013	29/12/2020	Yes	No