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Effectiveness of adding 'exposure in vivo' techniques to the return-to-work plan of workers with mental health problems: a cluster randomised controlled trial

Submission date
11/04/2007

Recruitment status
No longer recruiting

Registration date
11/04/2007

Overall study status
Completed

Last Edited
13/09/2013

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] 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

Study information

Scientific Title

Acronym
Work up study

Study objectives
Occupational rehabilitation with a gradual return to work based on the principles of exposure in vivo will be more (cost)-effective in reducing absenteeism than usual occupational rehabilitation.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local medical ethics committee

Study design
Randomised, active controlled, parallel group, multicentre trial

Primary study design
Interventional

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Return to work of workers with common mental health complaints

Interventions
Level of occupational physician:
1. Two days of training followed by three intervision meetings

Level of worker:
1. Information folder with rationale
2. Homework assignments
3. Meeting with supervisor

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
1. Time to full return to work
2. Time to relapse
3. Pecentage of contract hours worked
4. Work functioning

Key secondary outcome(s)
1. Psychological complaints
2. Work ability
3. Self efficacy in returning to work

4. Coping with work situations
5. Avoidance of work situations
6. Work adjustments
7. Satisfaction of worker with occupational physician

Completion date
01/01/2009

Eligibility

Key inclusion criteria
Workers who:
1. Are two to six weeks absent from work
2. Have either:
a. a stress-related disorder (defined as having at least one psychological complaint with significant suffering or problems with functioning)
b. an anxiety disorder
c. a depressive disorder

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
Not Specified

Key exclusion criteria
Workers with:
1. Severe mental illnesses (psychotic disorders, bipolar disorder)
2. Post Traumatic Stress Disorder (PTSD)
3. Addiction problems
4. A primary somatic disorder

Date of first enrolment
01/01/2007

Date of final enrolment
01/01/2009

Locations

Countries of recruitment
Netherlands

Study participating centre
Academic Medical Centre
Amsterdam
Netherlands
1100 DE

Sponsor information

Organisation
Academic Medical Centre (AMC) (The Netherlands)

ROR
https://ror.org/03t4gr691

Funder(s)

Funder type
Research organisation

Funder Name
Knowledge centre on reintegration for professionals (Stichting Expertise Centrum Reintegratie [STECR]) (The Netherlands) - Aladdin Program

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	01/03/2013		Yes	No