

Cognitive behavioural therapy (CBT) for the treatment of post-traumatic stress disorder (PTSD) in intensive care unit (ICU) survivors

Submission date 21/05/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 21/05/2010	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 11/04/2017	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Jacobus Preller

Contact details
Addenbrooke's Hospital
Hills Road
Cambridge
United Kingdom
CB2 2QQ
-
jacobus.preller@addenbrookes.nhs.uk

Additional identifiers

Protocol serial number
7987

Study information

Scientific Title

A randomised controlled pilot study of the effectiveness of recreating a coherent narrative of events using novel developments in cognitive and behaviour therapy for the treatment of post-traumatic stress disorder in survivors of intensive care treatment

Study objectives

A single-centre randomised single-blind controlled pilot study evaluating the efficacy of a brief psychological intervention for the treatment of intensive care unit (ICU) survivors with post-traumatic stress disorder (PTSD), based on novel developments in cognitive behavioural therapy (CBT) and narrative exposure therapy (NET). The study will create and implement a psychotherapeutic intervention to address the problem of fragmented and delusional memories, by creating a coherent narrative of events, which would allow the ICU survivor to process their ICU experience. The different components of the intervention proposed have been validated as an effective intervention in studies on PTSD (CBT).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Essex 2 Research Ethics Committee, 05/07/2007, ref: 07/Q0302/20

Study design

Single-centre observational treatment case-control study

Primary study design

Observational

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Topic: Generic Health Relevance and Cross Cutting Themes; Subtopic: Generic Health Relevance (all Subtopics); Disease: Critical Care

Interventions

We plan to screen all patients discharged from ICU for symptoms of PTSD using questionnaires and to follow them up four weeks after discharge. After screening, patients with symptoms of PTSD would be randomly allocated to receive a brief specialised CBT-based intervention or normal aftercare.

The non-intervention arm ceases at the 4-week follow-up stage. The intervention arm using cognitive behavioural therapy has the treatment occurring at between 3 and 6 months and final follow-up to measure outcome of treatment occurring at 12 months.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

PTSD measurement questionnaires, measured at 3, 6, and 12 months after discharge

Key secondary outcome(s)

Assessed and analysed at the conclusion of the study:

1. Determine the incidence of PTSD
2. Develop a prediction score that can be used to identify the patients at risk of PTSD

Completion date

01/01/2012

Eligibility

Key inclusion criteria

1. Patients must be admitted to ICU for more than 24 hours
2. Patients must be older than 16 years
3. Patient must have physical and mental capacity to comprehend questions
4. The patient must be able to understand and communicate adequately in English

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

01/01/2010

Date of final enrolment

01/01/2012

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Addenbrooke's Hospital
Cambridge
United Kingdom
CB2 2QQ

Sponsor information

Organisation

Addenbrooke's Hospital (UK)

ROR

<https://ror.org/055vbx86>

Funder(s)

Funder type

Research council

Funder Name

Addenbrooke's Charitable Trust, Cambridge University Hospitals

Alternative Name(s)

Addenbrooke's Charitable Trust, Cambridge University Hospitals NHS Foundation Trust, ACT

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

United Kingdom

Funder Name

Medical Research Council (MRC) (UK)

Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Funder Name

Arthritis Research UK

Alternative Name(s)**Funding Body Type**

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan**IPD sharing plan summary**

Not provided at time of registration