

Evaluation of a group training for adolescents (Emotion Regulation Training) with emotion regulation problems - a randomised controlled clinical trial

Submission date

23/08/2007

Recruitment status

No longer recruiting

Registration date

23/08/2007

Overall study status

Completed

Last Edited

31/12/2020

Condition category

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Study information

Scientific Title

Evaluation of a group training for adolescents (Emotion Regulation Training) with emotion regulation problems - a randomised controlled clinical trial

Acronym

ERT - evaluation

Study objectives

Has the Emotion Regulation Training (ERT) for adolescents a surplus value compared to treatment as usual?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Multicentre, randomised, single-blind, active controlled parallel group trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Borderline personality disorder in adolescents

Interventions

ERT consists of 17 weekly group sessions (6 to 9 participants, 1.75 hours), one psycho-educational session with parents/caretakers and/or partners and two booster sessions, at three and six months after the weekly course. The first aim is to learn how to deal with daily stress and psychological vulnerability. Reducing self-harm or harm to others is an important issue.

After the training there will be a session with the adolescent, his or her parents or caretakers, the therapists of the training and the individual therapist, to offer good continuation in the regular treatment.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Primary outcome measures at baseline, directly after the training and at six months follow-up:

1. Severity of Borderline Personality symptoms (Borderline Personality Disorder Severity Index for adolescents, fourth version [BPDSI-IV-adolescents], semi-structured interview) measuring the current severity and frequency of the DSM-IV BPD manifestations
2. Life Problems Inventory (LPI, questionnaire), measuring the main symptoms of BPD

Key secondary outcome(s)

Secondary outcome measures at baseline, directly after the training and at six months follow-up:

1. DSM diagnosis axis II (Personality Diagnostic Questionnaire [PDQ-4], parts of kiddie-Schedule for Affective Disorders and Schizophrenia [k-SADS] and Structured Clinical Interview for DSM-IV [SCID-II])
2. Mental health disorders (Child Depression Inventory [CDI], Rutgers Alcohol Problems Index [RAPI], Symptom Check List [SCL-90], Strengths and Difficulties Questionnaire [SDQ])
3. Locus of Control (Multidimensional Anxiety Locus of Control scale [MALC-ERT])
4. Quality of Life (Youth Quality Of Life [YQOL])
5. Raising style, parental stress and parental functioning (EMBU, PSI and GHQ)
6. Consumption of public health services
7. global functioning (CGAS or GAF score)

Completion date

01/10/2010

Eligibility**Key inclusion criteria**

1. Aged 14 to 18 years
2. Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
3. At least two other Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) criteria of Borderline Personality Disorder (BPD)
4. Minimum score of 15 on the Borderline Personality Disorder Severity Index - adolescent version

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

14 Years

Upper age limit

18 Years

Sex

Not Specified

Total final enrolment

109

Key exclusion criteria

1. Psychotic disorders (except short, reactive psychotic episodes)
2. Conduct disorder
3. Addiction of such severity that clinical detoxification is indicated
4. Mental retardation (Intelligence Quotient [IQ] less than 80)

Date of first enrolment

01/08/2007

Date of final enrolment

01/10/2010

Locations

Countries of recruitment

Netherlands

Study participating centre

University Medical Centre Groningen (UMCG)

Groningen

Netherlands

9700 AR

Sponsor information

Organisation

Accare (The Netherlands)

ROR

<https://ror.org/02h4pw461>

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (The 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	01/12/2012	31/12/2020	Yes	No