

Stop worrying: the effectivity of a self-help brochure for excessive worrying, with or without telephonic support

Submission date 20/12/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 20/12/2005	Overall study status Completed	☐ Protocol
Last Edited 17/09/2008	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

01; NTR177

Study information

Scientific Title

Acronym

Stophetgetob

Study objectives

A self help brochure will help people decrease their excessive worrying and telephonic support will increase the effect.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the local medical ethics committee

Primary study design

Interventional

Study design

Randomised, active controlled, crossover trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Excessive worrying, anxiety

Interventions

A self help brochure, with or without telephonic support. These exercises take one months time. In the support condition participants are contacted by telephone on a weekly basis for (minimal) support.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Decrease in worrying intensity.

Key secondary outcome(s)

Decrease in anxiety, depression, sleeplessness.

Completion date

01/10/2005

Eligibility**Key inclusion criteria**

1. Normal population 18+ years
2. Self-defined excessive worrying

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

1. Under the age of 18 years
2. Undergoing psychiatric or psychological treatment
3. Using antidepressants
4. Clinical levels of anxiety and or depression

Date of first enrolment

01/05/2005

Date of final enrolment

01/10/2005

Locations**Countries of recruitment**

Netherlands

Study participating centre

Vrije Universiteit

Amsterdam

Netherlands

1081 BT

Sponsor information**Organisation**

Vrije University Medical Centre (VUMC) (The Netherlands)

ROR

<https://ror.org/00q6h8f30>

Funder(s)

Funder type

Not defined

Funder Name

Not provided at time of registration

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration