

Efficacy and cost-effectiveness of short-term inpatient psychotherapy (STIP) as compared to outpatient psychotherapy: a randomised clinical trial among patients with personality disorders in the Netherlands

Submission date 08/03/2006	Recruitment status Stopped	☐ Prospectively registered
		☐ Protocol
Registration date 08/03/2006	Overall study status Stopped	☐ Statistical analysis plan
		☐ Results
Last Edited 05/11/2008	Condition category Mental and Behavioural Disorders	☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

NTR583

Study information

Scientific Title

Study objectives

It is expected that STIP shows superior efficacy in terms of faster improvement in the first 12 months of the trial and a higher recovery rate at 24 months of follow-up. In addition, it is expected that the higher direct medical costs of STIP are compensated by higher reduction of indirect medical costs and productivity losses. Therefore, we hypothesise that STIP shows a superior cost-benefit ratio as well.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Received from the local medical ethics committee

Primary study design

Interventional

Study design

Randomised, active controlled, parallel group trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Personality disorder

Interventions

Short-term inpatient psychotherapy (STIP) versus 12-month outpatient psychotherapy

This trial was terminated in October 2006:

We aimed to compare Short-Term Inpatient Psychotherapy (STIP) with long-term outpatient Schema-Focused Therapy (SFT). Unfortunately, this trial has failed to succeed due to slow patient recruitment, a large refusal rate and several methodological reasons. After five months of patient recruitment, we had only been able to include one patient in the study. Eight other patients refused participation in the randomised trial, but were included in a parallel preference trial in which they received the treatment of their choice (either SFT or STIP). An important implication of this research failure may be that a randomised design is not feasible for all scientific studies. Patient preferences play an important role in this matter, especially when huge differences between the treatment conditions exist (for example in treatment length and setting) as in our study. Alternative designs should then be considered.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Symptomatic improvement
2. Structural improvement
3. Functional improvement
4. Quality of life

Key secondary outcome(s)

No secondary outcome measures

Completion date

15/02/2009

Reason abandoned (if study stopped)

We aimed to compare short-term inpatient psychotherapy (STIP) with long-term outpatient schema-focused therapy (SFT). Unfortunately, this trial has failed to succeed due to slow patient recruitment, a large refusal rate and several methodological reasons. After five months of patient recruitment, we had only been able to include one patient in the study. Eight other patients refused participation in the randomised trial, but were included in a parallel preference trial in which they received the treatment of their choice (either SFT or STIP). An important implication of this research failure may be that a randomised design is not feasible for all scientific studies. Patient preferences play an important role in this matter, especially when huge differences between the treatment conditions exist (for example in treatment length and setting) as in our study. Alternative designs should then be considered.

Eligibility

Key inclusion criteria

1. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) diagnosis of one or more cluster B or C personality disorders or personality disorder not otherwise specified (PDNOS) (as evidenced by a semi-structured interview)
2. Personality pathology as focus of treatment
3. Age at least 18
4. Residing within a 30-mile circle around Centre of Psychotherapy De Viersprong in Halsteren (i.e. Rotterdam, Dordrecht, Breda, Antwerpen, Zeeland)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Key exclusion criteria

1. Insufficient command of Dutch language
2. Severe cognitive impairments
3. Mental retardation or borderline intellectual functioning
4. Severe Axis I comorbidity as indicated by the presence of chronic psychotic disorder, bipolar disorder or substance dependence
5. A history of psychosis
6. Past year treatment history including one of the treatments in the current study AND a clear rationale why repetition of that treatment is contraindicated

Date of first enrolment

15/02/2006

Date of final enrolment

15/02/2009

Locations**Countries of recruitment**

Netherlands

Study participating centre

Viersprong Institute for Studies on Personality Disorders (VISPD)

Halsteren

Netherlands

4660 AA

Sponsor information**Organisation**

Viersprong Institute for Studies on Personality Disorders (VISPD) (The Netherlands)

ROR

<https://ror.org/048jnwk41>

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