Investigating a Mobile Application to Increase the Effectiveness of Trauma-Focused Psychotherapy in PTSD Patients

Nikolaos Boumparis, Maurice van Buuren, Tim Wind, Mirjam J. Nijdam, Nannette Mathyi, Annet Kleiboer, Heleen Riper, Miranda Olff

Nikolaos Boumparis
n.boumparis@vu.nl

VU VRIJE UNIVERSITEIT AMSTERDAM | Faculty of Behavioural and Movement Sciences

Interreg North-West Europe eMEN
European Regional Development Fund

amc

PTSD

- 80% lifetime prevalence for experiencing a trauma
- 7.4% lifetime prevalence of adults being diagnosed with PTSD

- Re-experiencing the trauma through intrusive distressing recollections of the event, flashbacks, and nightmares.
- Emotional numbness and avoidance of places, people, and activities that are reminders of the trauma.
- Increased arousal such as difficulty sleeping and concentrating, feeling jumpy, and being easily irritated and angered.

E-health

EMDR

Objectives

Primary Objective:

To assess the difference in PTSD symptom response pattern during five sessions of EMDR + EMD app compared to the EMDR-only group.

Secondary Objective(s):

a) Depressive symptoms

b) General anxiety symptoms

c) Acceptability

d) Usability

e) Client satisfaction

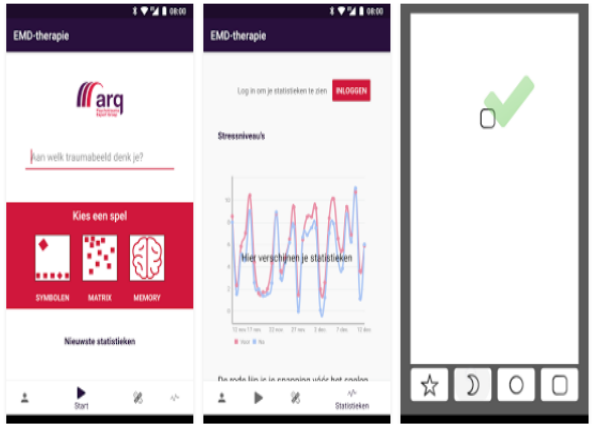
EMD

Stichting Arq Medical

PEGI 3

This app is compatible with all of your devices.

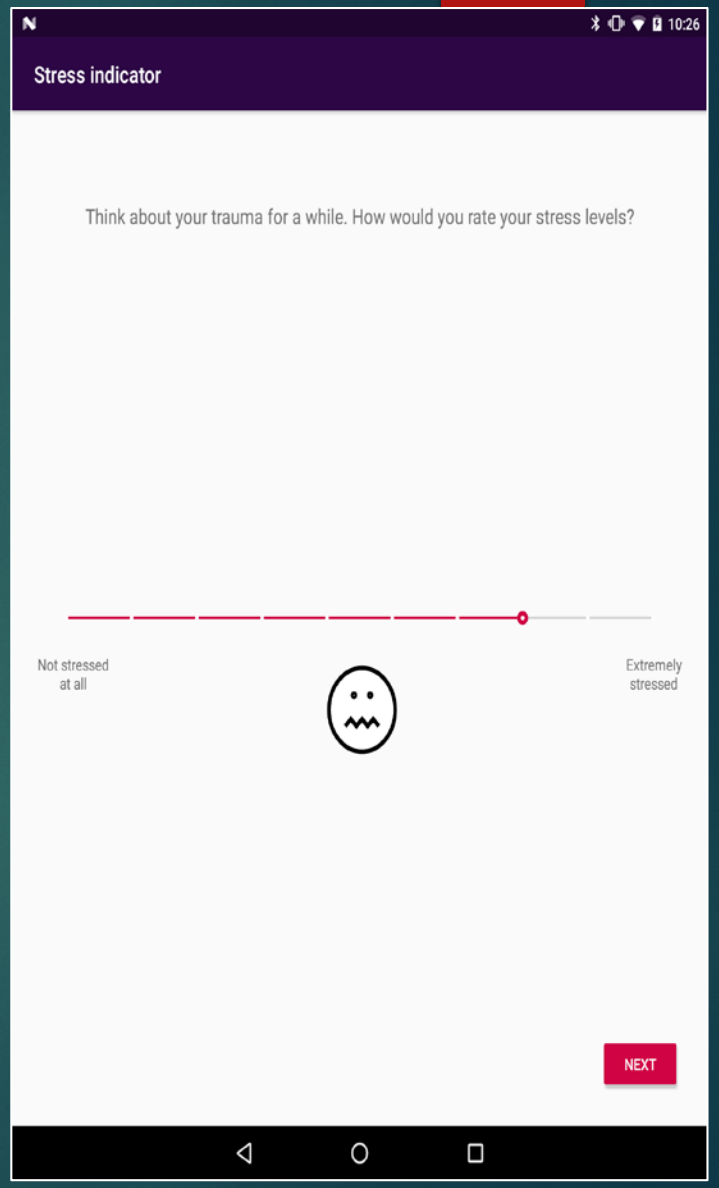
Installed



Translate the description into English using Google Translate? Translate

EMDR staat voor Eye Movement Desensitization and Reprocessing. EMDR is een therapie voor mensen die last blijven houden van de gevolgen van schokkende ervaring(en). Een schokkende gebeurtenis is bijvoorbeeld een ongeval, seksueel geweld of een geweldsincident. Wij noemen dat traumatische ervaringen.

EMDR helpt om deze herinneringen minder naar te maken. EMDR kan in sommige gevallen ook bij andere klachten worden ingezet.



08:00
EMD-therapie
Log in om je statistieken te zien
INLOGGEN
Stressniveau's
EMD- screenshot
10
8
6
4
2
0
Hier verschijnen je statistieken
12 nov.
17 nov.
22 nov.
27 nov.
2 dec.
7 dec.
12 dec
Voor
Na
Statistieken

Inclusion criteria patients

a) 18 – 65 years of age

b) Meet the DSM-5 diagnostic criteria for PTSD as confirmed by the CAPS-5

c) In possession of a device such as a laptop, tablet, mobile phone or computer

d) Have sufficient command of the Dutch language, both verbally and in writing

e) Provide signed informed consent

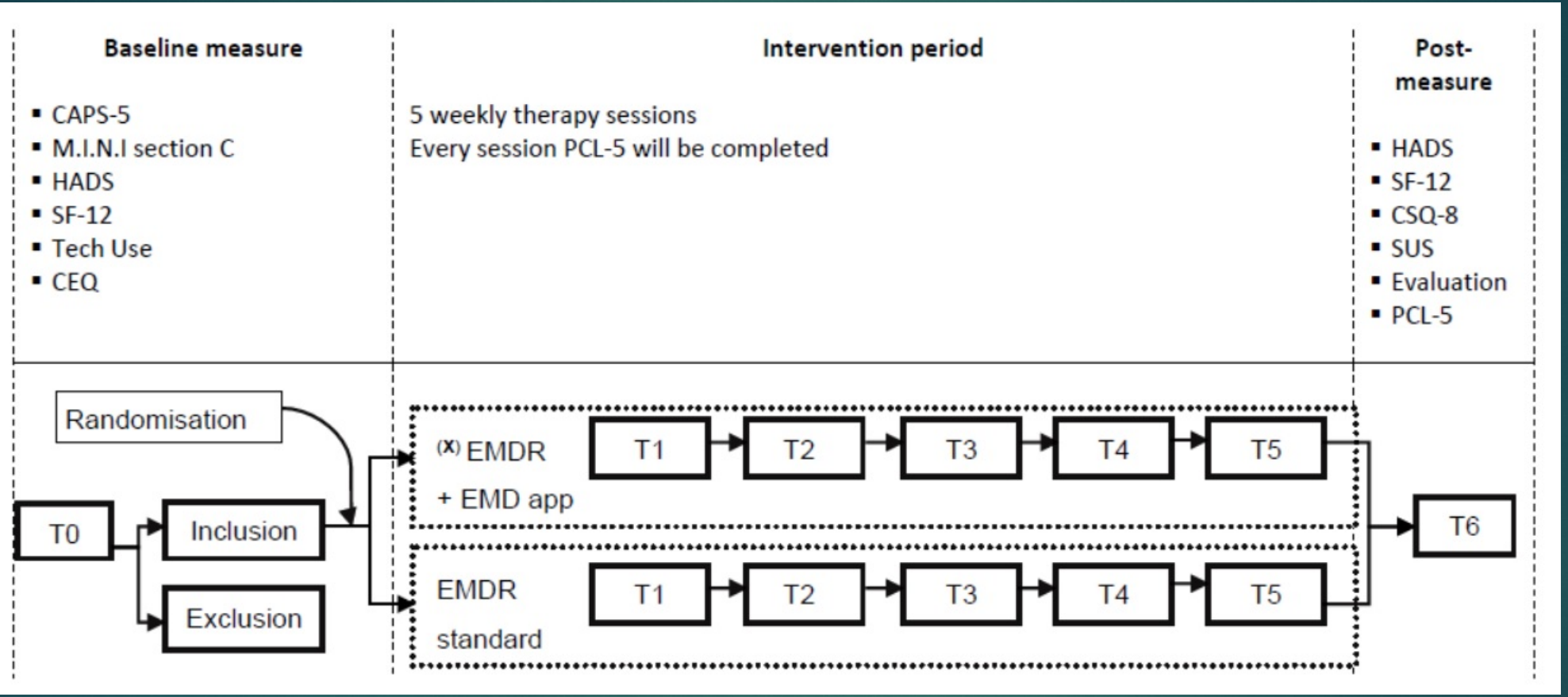
Exclusion criteria patients

a) Having current high risk for suicide according to the M.I.N.I. Interview section C

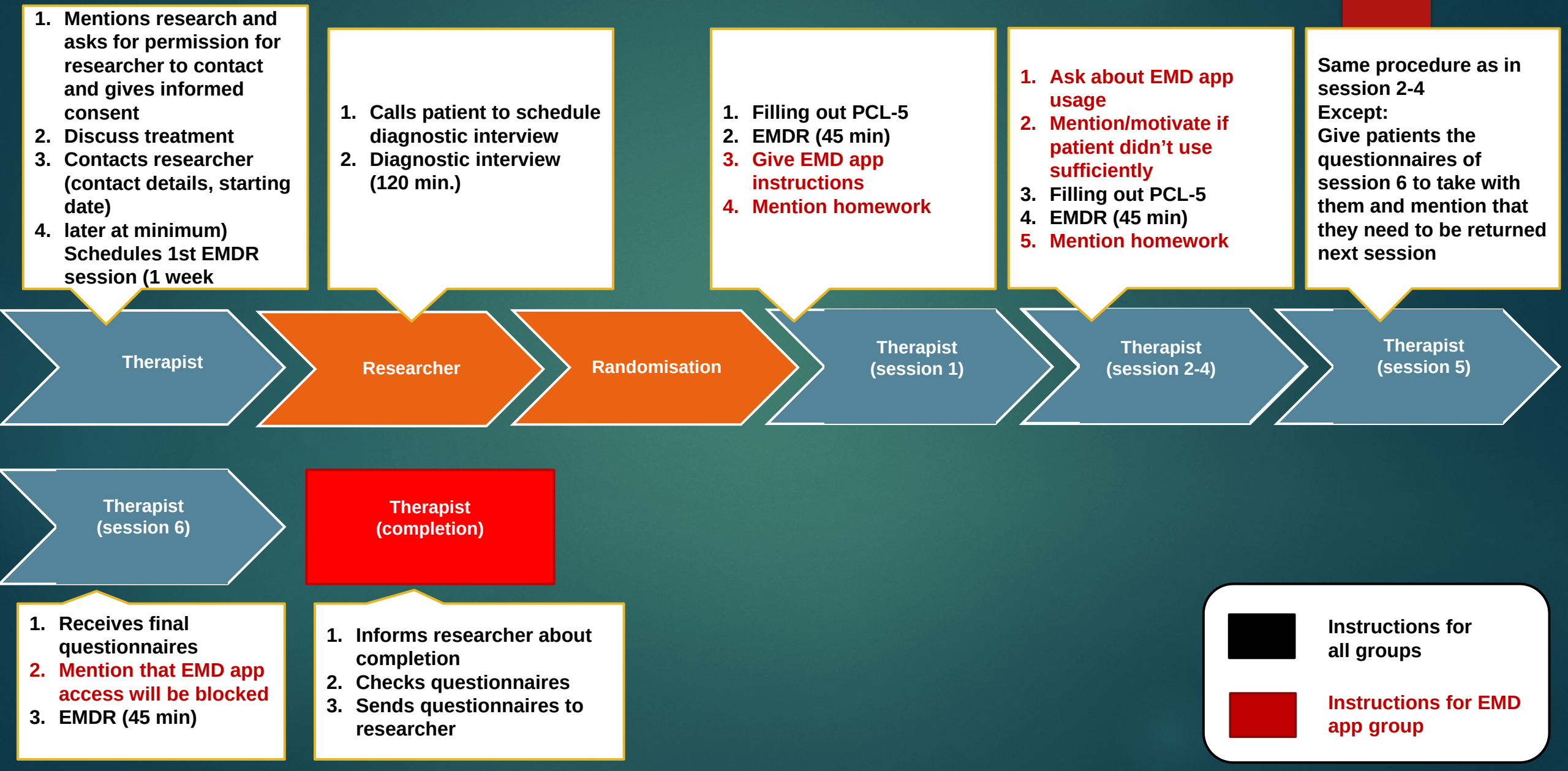
b) Having serious psychiatric co-morbidity i.e. bipolar affective disorder, psychotic illness,

c) Substance dependence that would interfere with EMDR treatment as assessed by the therapist in the intake

Design



CAPS-5: Clinician-Administered PTSD Scale for DSM-5;CEQ: The Credibility/Expectancy Questionnaire; CSQ-8: Client Satisfaction Questionnaire-8; HADS: Hospital Anxiety and Depression Scale; M.I.N.I section C: Mini International Neuropsychiatric Interview, section C; PCL-5: PTSD Checklist for DSM-5; SF-12: The Short Form (12) Health Survey; SUS: System Usability Scale; Tech Use: Technology use


1. Mentions research and asks for permission for researcher to contact and gives informed consent
2. Discuss treatment
3. Contacts researcher (contact details, starting date)
4. later at minimum) Schedules 1st EMDR session (1 week
Therapist
1. Calls patient to schedule diagnostic interview
2. Diagnostic interview (120 min.)
Researcher
Randomisation
1. Filling out PCL-5
2. EMDR (45 min)
3. Give EMD app instructions
4. Mention homework
Therapist (session 1)
1. Ask about EMD app usage
2. Mention/motivate if patient didn't use sufficiently
3. Filling out PCL-5
4. EMDR (45 min)
5. Mention homework
Therapist (session 2-4)
Same procedure as in session 2-4
Except:
Give patients the questionnaires of session 6 to take with them and mention that they need to be returned next session
Therapist (session 5)
Therapist (session 6)
1. Receives final questionnaires
2. Mention that EMD app access will be blocked
3. EMDR (45 min)
Therapist (completion)
1. Informs researcher about completion
2. Checks questionnaires
3. Sends questionnaires to researcher
Instructions for all groups
Instructions for EMD app group

Current stage

- 56/60 patients included

- Three participating recruitment sites:

Raadthuys Psychologen
De Ruijtershoeve
Psychotraumacentrum Haarlem

- Recruitment end date: 30-06-2020