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Trial record 8 of 19 for: EMDR

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EMDR in the Treatment of Specific Phobia.

This study has been completed.

Sponsor:

Norwegian University of Science and Technology

Collaborator:

St. Olavs Hospital

Information provided by:

Norwegian University of Science and Technology

ClinicalTrials.gov Identifier:

NCT00184145

First received: September 10, 2005

Last updated: January 22, 2008

Last verified: January 2008

[History of Changes](#)

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[No Study Results Posted](#)

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Purpose

The purpose for this study is to determine whether **EMDR** is effective in the treatment of specific (animal) phobia.

Condition	Intervention
Specific Phobia	Other: EMDR (Eye Movement Desensitization and Reprocessing) Other: Exposure therapy

Study Type: Interventional

Study Design: Allocation: Randomized

Endpoint Classification: Efficacy Study

Intervention Model: Parallel Assignment

Masking: Single Blind (Outcomes Assessor)

Primary Purpose: Treatment

Official Title: **EMDR (Eye Movement Desensitization and Reprocessing)** in the Treatment of Specific Phobia. A Randomised Controlled Trial.

Resource links provided by NLM:

[MedlinePlus related topics: Phobias](#)

[U.S. FDA Resources](#)

Further study details as provided by Norwegian University of Science and Technology:

Primary Outcome Measures:

- Behavioral Approach Test towards the feared animal. [Time Frame: Before and after each treatment] [Designated as safety issue: No]

Secondary Outcome Measures:

- Scores on self-report questionnaires on phobic symptoms [Time Frame: Before and after both treatments] [Designated as safety issue: No]
- Neuropsychological function [Time Frame: Before first treatment, some measures also before second treatment] [Designated as safety issue: No]
- Cognitive strategies [Time Frame: Before both treatments] [Designated as safety issue: No]

Enrollment: 24

Study Start Date: June 2004

Study Completion Date: September 2004

Primary Completion Date: September 2004 (Final data collection date for primary outcome measure)

Arms	Assigned Interventions

Experimental: EMDR

The experimental group was treated for animal phobia by **EMDR**, control group received an attention placebo (relaxation plus breathing exercises). Afterwards, both groups were treated by exposure therapy (therapy of choice for animal phobia).

Other: EMDR (Eye Movement Desensitization and Reprocessing)

Psychotherapy which is approved for PTSD.

Other: Exposure therapy

All participants in the study received exposure therapy som second treatment. Exposure therapy is the therapy of choice for animal phobia.

Detailed Description:

Aims: To test the hypothesis that one session EMDR is more effective for the treatment of specific (animal) phobia than relaxation immediately after treatment and at follow-up. Secondly to test whether an additional one-session exposure therapy offered to both treatment groups (EMDR patients and relaxation patients) improves outcome in the EMDR-group and results in equal outcome for both treatment groups.

▶ Eligibility

Ages Eligible for Study: 15 Years to 65 Years (Child, Adult)

Genders Eligible for Study: Both

Accepts Healthy Volunteers: No

Criteria

Inclusion Criteria:

- Patients with Specific (Animal) Phobia

Exclusion Criteria:

- Current or past psychotic disorder
- Current substance dependence or abuse
- Serious physical illness
- Active suicidal behavior
- Bipolar affective disorder
- Pregnancy

▶ Contacts and Locations

Choosing to participate in a study is an important personal decision. Talk with your doctor and family members or friends about deciding to join a study. To learn more about this study, you or your doctor may contact the study research staff using the Contacts provided below. For general information, see [Learn About Clinical Studies](#).

Please refer to this study by its ClinicalTrials.gov identifier: NCT00184145

Locations

Norway

St. Olavs University Hospital, Mental Health Department
Trondheim, Norway, N-7441

Sponsors and Collaborators

Norwegian University of Science and Technology

St. Olavs Hospital

Investigators

Principal Investigator: Ludger Kaiser, Doctor

▶ More Information

Responsible Party: Ludger Kaiser, Mental Health Department, St. Olavs University Hospital Trondheim

ClinicalTrials.gov Identifier: [NCT00184145](#) [History of Changes](#)

Other Study ID Numbers: EPLK-2004

Study First Received: September 10, 2005

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Health Authority: Norway: Norwegian Social Science Data Services

Keywords provided by Norwegian University of Science and Technology:

Specific (Animal) Phobia

EMDR

Exposure therapy

Additional relevant MeSH terms:

[EMDR in the Treatment of Specific Phobia](#).

Phobic Disorders
Anxiety Disorders
Mental Disorders

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