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Efficacy of Eye Movement Desensitization and Reprocessing (EMDR) in Dental Phobia (EMDR-DP)

This study has been completed.

Sponsor:

University Hospital Muenster

Information provided by (Responsible Party):

doerings, University Hospital Muenster

ClinicalTrials.gov Identifier:

NCT01207960

First received: June 29, 2010

Last updated: May 3, 2012

Last verified: May 2012

[History of Changes](#)

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Purpose

The purpose of this study is to find out whether **Eye Movement Desensitization and Reprocessing (EMDR)** is effective in the treatment of patients with dental phobia.

Condition	Intervention
Dental Phobia	Behavioral: Eye Movement Desensitization and Reprocessing (EMDR)

Study Type: Interventional

Study Design: Allocation: Randomized

Endpoint Classification: Efficacy Study

Intervention Model: Parallel Assignment

Masking: Open Label

Primary Purpose: Treatment

Official Title: A Randomized Wait-list Control Study of the Efficacy of **Eye Movement Desensitization and Reprocessing (EMDR)** in Patients With Dental Phobia

Resource links provided by NLM:

[MedlinePlus](#) related topics: [Anxiety](#) [Phobias](#)

[U.S. FDA Resources](#)

Further study details as provided by University Hospital Muenster:

Primary Outcome Measures:

- Dental anxiety [Time Frame: 4 weeks] [Designated as safety issue: No]
Dental anxiety is assessed by the Dental Anxiety Scale (DAS) and the Dental Fear Survey (DFS).
- Dental anxiety [Time Frame: 3 months] [Designated as safety issue: No]
Dental anxiety is assessed by the Dental Anxiety Scale (DAS) and the Dental Fear Survey (DFS).
- Dental anxiety [Time Frame: 12 months] [Designated as safety issue: No]
Dental anxiety is assessed by the Dental Anxiety Scale (DAS) and the Dental Fear Survey (DFS).

Secondary Outcome Measures:

- General psychopathology [Time Frame: 4 weeks, 3 months, 12 months] [Designated as safety issue: No]
General psychopathology is assessed by the Brief Symptom Scale (BSI).

- Anxiety and depression [Time Frame: 4 weeks, 3 months, 12 months] [Designated as safety issue: No]
Anxiety and depression are assessed by the Hospital Anxiety and Depression Scale (HADS).
- Behavioral test [Time Frame: 4 weeks] [Designated as safety issue: No]
Dental anxiety is assessed during a dental visit before and after treatment/wait-list control condition by means of a standardized behavior observation and interview.
- Dental treatment [Time Frame: 3 months, 12 months] [Designated as safety issue: No]
Does the patient tolerate dental treatment within 3 and 12 months after Eye Movement Desensitization and Reprocessing (EMDR)?

Enrollment: 24
Study Start Date: January 2010
Study Completion Date: September 2011
Primary Completion Date: September 2011 (Final data collection date for primary outcome measure)

<u>Ams</u>	<u>Assigned Interventions</u>
Active Comparator: EMDR Eye Movement Desensitization and Reprocessing	Behavioral: Eye Movement Desensitization and Reprocessing (EMDR) The intervention consists of three 90-minute sessions of individual psychotherapy. Sessions take place weekly according to a treatment manual.
No Intervention: WLC Wait-list control group. EMDR treatment takes place after 4 weeks of no treatment which represents the wait-list comparison interval.	

Detailed Description:

Dental phobia represents a clinical condition that affects 5-15% of the community and is characterized by severe anxiety of dental treatment which leads to avoidance of treatment and, as a consequence, severe dental as well as psychosocial problems.

Eye Movement Desensitization and Reprocessing (EMDR) has been developed for the treatment of patients with post traumatic stress disorder (PTSD). Its efficacy in PTSD patients has often been demonstrated in randomized controlled trials.

Recently it has been demonstrated that dental phobia is often induced by traumatic events during dental treatment and goes along with symptoms of PTSD in numerous patients.

A pilot study (de Jongh et al. 2002) gave hints on the efficacy of EMDR in four dental phobia patients with a history of traumatization during dental treatment. This randomized wait-list control study aims to evaluate the efficacy of EMDR in a larger sample of dental phobia patients.

▶ Eligibility

Ages Eligible for Study: 18 Years to 75 Years (Adult, Senior)
Genders Eligible for Study: Both
Accepts Healthy Volunteers: No

Criteria

Inclusion Criteria:

- dental phobia according to the World Health Organization's International Classification of Diseases, ICD-10 (F40.2)

Exclusion Criteria:

- schizophrenic disorder
- severe depression
- severe dissociative disorder
- organic brain disease
- anorexia nervosa (body mass index, BMI < 17)
- suicidality
- severe cardio-vascular disease
- ophthalmic disease
- pregnancy and lactation
- psychopharmacological treatment
- substance abuse

▶ 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: NCT01207960

Locations

Germany

Psychosomatics in Dentistry, Dept. of Prosthodontics & Material Science, University Hospital Muenster
Muenster, Germany, 48149

Sponsors and Collaborators

University Hospital Muenster

Investigators

Principal Investigator: Stephan Doering, MD University of Muenster, Germany

More Information

Publications:

[De Jongh A, van den Oord HJ, ten Broeke E. Efficacy of eye movement desensitization and reprocessing in the treatment of specific phobias: Four single-case studies on dental phobia. J Clin Psychol. 2002 Dec;58\(12\):1489-503.](#)

[de Jongh A, Fransen J, Oosterink-Wubbe F, Aartman I. Psychological trauma exposure and trauma symptoms among individuals with high and low levels of dental anxiety. Eur J Oral Sci. 2006 Aug;114\(4\):286-92.](#)

Responsible Party: doerings, Univ.-Prof. Dr., University Hospital Muenster
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Keywords provided by University Hospital Muenster:

dental phobia
psychotherapy

eye movement desensitization and reprocessing - EMDR

efficacy
wait-list control

Additional relevant MeSH terms:

Phobic Disorders
Anxiety Disorders
Mental Disorders

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