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Reconsolidation and EMDR

This study is currently recruiting participants. (see Contacts and Locations)

Verified March 2016 by University of Zurich

Sponsor:
University of Zurich

Collaborators:
Massachusetts General Hospital
Harvard Medical School

Information provided by (Responsible Party):
Christoph Müller-Pfeiffer, University of Zurich

ClinicalTrials.gov Identifier:
NCT02572830

First received: October 4, 2015
Last updated: March 24, 2016
Last verified: March 2016
History of Changes

Full Text View | Tabular View | No Study Results Posted | Disclaimer | How to Read a Study Record

Purpose

Blocking of reconsolidation by pharmacological or behavioral means offers the therapeutic possibility of weakening traumatic memories in posttraumatic stress disorder (PTSD). Two reconsolidation-based interventions, propranolol and extinction learning, have been shown to weaken fear memories in human healthy subjects. However, the success of these interventions seems to be limited to weak conditioned fear memories. This calls for new, potentially more efficacious, interventions to be tested. Bilateral eye movements seem to be a promising candidate intervention for blocking reconsolidation due to the compelling evidence of **Eye Movement Desensitization and Reprocessing** as effective treatment in PTSD. The investigators' aim is to test bilateral eye movements as an active reconsolidation-blocking intervention in an optimized differential fear conditioning procedure that the investigators have recently developed. This novel experimental assay creates stronger fear memories in healthy individuals.

Condition	Intervention
PTSD	Behavioral: Delayed Bilateral Eye Movements Behavioral: Undelayed Bilateral Eye Movement

Study Type: Interventional
Study Design: Allocation: Randomized
Intervention Model: Parallel Assignment
Masking: Open Label
Primary Purpose: Basic Science

Official Title: Blocking Memory Reconsolidation by **Eye Movement Desensitization and Reprocessing** (**EMDR**)

Resource links provided by NLM:

MedlinePlus related topics: Memory

U.S. FDA Resources

Further study details as provided by University of Zurich:

Primary Outcome Measures:

- Skin conductance (SC) response [Time Frame: Change from Day 1 (acquisition) fear conditioned SC response at day 3 (testing of renewal, reinstatement) and day 30 follow-up (testing of spontaneous recovery/renewal, savings)] [Designated as safety issue: No]

Secondary Outcome Measures:

- Blood oxygenation level dependent (BOLD) response [Time Frame: Change from Day 1 (acquisition) fear conditioned BOLD response at day 3 (testing of renewal, reinstatement) and day 30 follow-up (testing of spontaneous recovery/renewal, savings)] [Designated as safety issue: No]

Estimated Enrollment: 120

Study Start Date: January 2016
Estimated Study Completion Date: December 2017
Estimated Primary Completion Date: December 2017 (Final data collection date for primary outcome measure)

Arms	Assigned Interventions
Experimental: Delayed Bilateral Eye Movements Delayed Bilateral Eye Movements after reactivation of fear-memory.	Behavioral: Delayed Bilateral Eye Movements Bilateral Eye Movements followed by a 10 min delay after reactivation of fear-memory.
Active Comparator: Undelayed Bilateral Eye Movements Undelayed Bilateral Eye Movements after reactivation of fear-memory.	Behavioral: Undelayed Bilateral Eye Movement Bilateral Eye Movements followed by no delay after reactivation of fear-memory. reactivation of the fear memory trace during which the reactivated memory is assumed to be in a labile state.

Eligibility

Ages Eligible for Study: 18 Years to 60 Years (Adult)
Genders Eligible for Study: Both
Accepts Healthy Volunteers: Yes

Criteria

Inclusion Criteria:

- Male or female between 18 years and 60 years of age
- Presence of a manageable, nonphobic fear of spiders as determined by scores above the mean (male: 8.06; female: 10.46) on the German adapted Spider Phobia Questionnaire (SPQ; 38) and phobia criteria extracted from the Structured Clinical Interview for DSM-5 Axis I Disorders (SCID-I; 39)
- Signed Informed Consent after being informed

Exclusion Criteria:

- Current or past neurological or other medical condition affecting the brain
- Current use of any medication (except contraceptives, herbal medicine)
- Known or suspected non-compliance, drug or alcohol misuse
- Presence of any current psychiatric disorders determined by the Mini International Neuropsychiatric Interview (MINI; 40)
- Inability to follow the procedures of the study, e.g. due to language problems
- No SC response to physical (Valsalva maneuver), psychological (mental arithmetic) and/or auditive (handclapping) stressor

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: NCT02572830

Contacts

Contact: Christoph Mueller-Pfeiffer, MD 004144 255 52 80 christoph.mueller-pfeiffer@access.uzh.ch
Contact: Lena Jellestad, MD 004144 255 52 27 lena.jellestad@usz.ch

Locations

Switzerland

University Hospital Zurich, Department of Psychiatry and Psychotherapy **Recruiting**
Zurich, ZH, Switzerland, 8091
Contact: Jolanda Malamud +41 44 255 52 80 jolanda.malamud@usz.ch

Sponsors and Collaborators

University of Zurich

Massachusetts General Hospital

Harvard Medical School

Investigators

Principal Investigator: Christoph Mueller-Pfeiffer, MD University Hospital of Zurich, Department of Psychiatry and Psychotherapy

More Information

Responsible Party:	Christoph Müller-Pfeiffer, PD. Dr., University of Zurich
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Keywords provided by University of Zurich:
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