

PLEASE NOTE: *This trial has been registered retrospectively.*

Trial Description

Title

"Don't gamble away my life" - Easement for People Affiliated with Pathological Gamblers (EfA)

Trial Acronym

EfA

URL of the trial

<http://www.verspiel-nicht-mein-leben.de>

Brief Summary in Lay Language

In Germany, there is currently hardly any specialised professional help for concerned significant others (CSO) of pathological gamblers available, even so they suffer similar to CSO of substance misusers. For example, they have a higher risk for developing stress-related physical and mental health problems. Therefore, it is appropriate to teach them skills for problem solving and coping. Although there is an evaluated and feasible training in Germany for this group called ETAPPE, it is not nationwide available. When dealing with psychosocial problems, the internet is used as a source of information and for research purposes. Therefore, it is a readily available access to professional help. That is why an online program for CSO of pathological gamblers called "Don't gamble away my life" - Easement for People Affiliated with Pathological Gamblers (EfA) is developed and evaluated.

Brief Summary in Scientific Language

In Germany, there are currently hardly any specialised counselling or treatment places available for concerned significant others (CSO) of pathological gamblers, even so this clientele is affected heavily by the illness. CSO of pathological gamblers suffer similar to CSO of substance misusers. They are exposed to chronic stressors and have therefore a high risk of developing stress-related physical and mental health problems. To reduce their risk of developing an illness of their own, it is helpful to teach functional coping strategies. Although there is an evaluated and feasible training in Germany for this group called ETAPPE, it is not nationwide available. When dealing with psychosocial problems, the internet is used as a source of information and for research purposes. Therefore, it is a readily available low-threshold access to professional help - even for people who do not search active for counselling or treatment. That is why an online program for CSO of problem and pathological gamblers called "Don't gamble away my life" - Easement for People Affiliated with Pathological Gamblers (EfA) is developed and evaluated.

Organizational Data

- DRKS-ID: **DRKS00005647**
- Date of Registration in DRKS: **2014/01/22**
- Date of Registration in Partner Registry or other Primary Registry: [---]*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: [---]* , **Ethikrat der Otto-Friedrich-Universität Bamberg**

Secondary IDs

Health condition or Problem studied

- Free text: **Impaired quality of life and psychological distress of people affiliated with problem or pathological gamblers**

Interventions/Observational Groups

- Arm 1: **Participation in an e-mental-health program containing five self-help modules (interval between modules: minimum 5 days)**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]*
- Allocation: **Single arm study**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Uncontrolled/Single arm**
- Purpose: **Prevention**
- Assignment: **Single (group)**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

improvement of quality of life, measured with KPD - Klinisch-Psychologisches



Diagnosesystem 38 (Percevic, 2005) at two timepoints (before start of module 1, after completion of module 5)

Secondary Outcome

stress reduction, measured with PSQ - Perceived Stress Questionnaire (Fliege et al., 2005) at two timepoints (before start of module 1, after completion of module 5)

Countries of recruitment

- DE **Germany**
- AT **Austria**
- CH **Switzerland**

Locations of Recruitment

- other **Internet**

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2013/06/01**
- Target Sample Size: **35**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **International**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **no minimum age**
- Maximum Age: **no maximum age**

Additional Inclusion Criteria

Concerned significant other of a problem or pathological gambler, sufficient language skills in German, sufficient internet user skills

Exclusion criteria

[---]*

Addresses

■ Primary Sponsor

**Bayerische Akademie für Sucht- und Gesundheitsfragen BAS
Unternehmergesellschaft (haftungsbeschränkt)
Landwehrstr. 60-62
80336 München
Germany**

Telephone: **089 530730 0**

Fax: [---]*

E-mail: [---]*

URL: **www.bas-muenchen.de**

■ Contact for Scientific Queries

**Bayerische Akademie für Sucht- und Gesundheitsfragen BAS
Unternehmergesellschaft (haftungsbeschränkt)
Ms. Dipl.-Psych. Ursula Gisela Buchner
Landwehrstr. 60-62
80336 München
Germany**

Telephone: **089 530730 16**

Fax: **089 530730 19**

E-mail: **ursula.buchner at bas-muenchen.de**

URL: **www.bas-muenchen.de**

■ Contact for Public Queries

**Bayerische Akademie für Sucht- und Gesundheitsfragen BAS
Unternehmergesellschaft (haftungsbeschränkt)
Ms. Dipl.-Psych. Ursula Gisela Buchner
Landwehrstr. 60-62
80336 München
Germany**

Telephone: **089 530730 16**

Fax: **089 530730 19**

E-mail: **ursula.buchner at bas-muenchen.de**

URL: **www.bas-muenchen.de**

■ Collaborator, Other Address

**Friedrich-Otto-Universität Bamberg, Institut Psychologie
Mr. Prof. Dr. Jörg Wolstein**

Telephone: [---]*



Collaborator, Other Address

**Friedrich-Otto-Universität Bamberg, Institut Psychologie
Mr. Prof. Dr. Jörg Wolstein**

Telephone: [---]*

Fax: [---]*

E-mail: [---]*

URL: <http://www.uni-bamberg.de>

Sources of Monetary or Material Support

- **Public funding institutions financed by tax money/Government funding body (German Research Foundation (DFG), Federal Ministry of Education and Research (BMBF), etc.)**

**Bayerisches Staatsministerium für Gesundheit und Pflege
Rosenkavalierplatz 2
81925 München
Germany**

Telephone: **089 92 14-00**

Fax: [---]*

E-mail: [---]*

URL: <http://www.stmgp.bayern.de>

Status

- Recruitment Status: **Recruiting ongoing**
- Study Closing (LPLV): [---]*

Trial Publications, Results and other documents

* This entry means the parameter is not applicable or has not been set.

*** This entry means that data is not displayed due to insufficient data privacy clearing.