



PLEASE NOTE: This trial has been registered retrospectively.

Trial Description

Title

Online- versus face-to-face-counseling - a comparison addressing procrastination

Trial Acronym

[---]*

URL of the trial

[---]*

Brief Summary in Lay Language

Aim of the current research is to compare probable impact factors that differentially underly the effectiveness of a counselling conducted online or face-to-face. Target participants are students suffering from chronic procrastination.

Brief Summary in Scientific Language

Our planned research addresses a comparison between online and face-to-face counselling. Former research found online counselling to be comparable with the classical face-to-face setting (see Barak, Hen, Boniel-Nissim, & Shapira, 2008; Cuijpers, Donker, van Straten, Li, & Andersson, 2010, for topical meta-analyses) and the quality of the therapeutic relationship was also found to be comparable (Andersson, et al., in press; Preschl, Maercker, & Wagner, 2011). Though, little is known about the differences between online and face-to-face-counseling as online communication differs significantly from the classical setting. Online communication may be characterized by a signal reduction (Kächele, 2008), a stronger idealization of the conversational partner (Bargh, McKenna, & Fitzsimons, 2002) as well as by more self-disclosure (Suler, 2004). Our project wants to add to the literature by working out impact factors underlying online counselling in contrast to face-to-face counselling.

Organizational Data

- DRKS-ID: **DRKS00005679**
- Date of Registration in DRKS: **2014/01/28**
- 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.: [---]* , **Düsseldorf - Ethikkommission für non-invasive Forschung am Menschen der Mathematisch-Naturwissenschaftlichen**



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Fakultät der Heinrich-Heine-Universität Düsseldorf

Secondary IDs

Health condition or Problem studied

- Free text: **procrastination**

Interventions/Observational Groups

- Arm 1: **online counselling via Skype (one session lasting 1 1/2 hours; follow-up after one week and after 6 months)**
- Arm 2: **face-to-face counselling (one session lasting 1 1/2 hours; follow-up after one week and after 6 months)**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: [---]*
- Allocation: **Randomized controlled trial**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Active control (effective treatment of control group)**
- Purpose: **Treatment**
- Assignment: **Parallel**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

Procrastination: German version of the Academic Procrastination State Inventory (APSI; Helmke & Schrader, 2000; engl. version: Schouwenburg, 1995);

Depression: German Version of the Center for Epidemiological Studies Depression Scale (ADS; Hautzinger & Bailer, 2012; engl. version: CES-D; Radloff, 1977);

Measuring times: Pre-test, post-test after one week, follow-up after 6 months

Secondary Outcome

German version of the Working Alliance Inventory (WAI; Wilmers, et al., 2008; engl. version: Tracey & Kokotovic, 1989);

Impact factors of psychotherapy according to Grawe: Stundenbögen (Flückiger, Regli, Zwahlen, Hostettler, & Caspar, 2010);

Client's conception of the counsellor: visual analogue scales;

Measuring time: directly after the session;

Emotions counting out of the transcribed answers of the client: Inguistic Inquiry and Word Count (LIWC; Pennebaker, Francis, & Booth, 2001; Wolf, et al., 2008)

Countries of recruitment

- DE **Germany**

Locations of Recruitment

- Doctor's Practice **Düsseldorf**

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2013/03/08**
- Target Sample Size: **60**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **18 Years**
- Maximum Age: **65 Years**



Additional Inclusion Criteria

- **enrolled students;**
- **suffering from chronic procrastination**

Exclusion criteria

- **suspected severe depression: German version of the Center for Epidemiological Studies Depression Scale CES-D (Hautzinger & Bailer, 2012) --> Cut-off > 22**
- **suspected attention deficit hyperactivity disorder ADHD: ADHD screening for adults (Schmidt & Petermann, 2009) --> Cut-off > 38**

Addresses

■ Primary Sponsor

**Heinrich-Heine-Universität Abt. Klinische Psychologie
Mr. Prof. Dr. Reinhard Pietrowsky
Universitätsstr. 1
40225 Düsseldorf
Germany**

Telephone: **+49 211 81-12140**
Fax: **+49 211 81-14261**
E-mail: **R.Pietrowsky at uni-duesseldorf.de**
URL: **www.psychologie.hhu.de**

■ Contact for Scientific Queries

**Heinrich-Heine-Universität Abt. Klinische Psychologie
Ms. Dr. Annika Gieselmann
Universitätsstr. 1
40225 Düsseldorf
Germany**

Telephone: **+49 211 81-10584**
Fax: **+49 211 81-14261**
E-mail: **Annika.Gieselmann at uni-duesseldorf.de**
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Sources of Monetary or Material Support

- **Institutional budget, no external funding (budget of sponsor/PI)**

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Status

- Recruitment Status: **Recruiting complete, follow-up complete**
- Study Closing (LPLV): **2014/04/15**

Trial Publications, Results and other documents

- Paper **Gieselmann & Pietrowsky (2016)**

* 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.