

Trial Description

Title

Individual short-term coaching against exam-related stress

Trial Acronym

LUST_wingwave

URL of the trial

<http://www.lust.uni-luebeck.de/index.php?id=23>

Brief Summary in Lay Language

In a study planned for July to September 2014, we aim to gather data regarding the effectiveness of individual coaching on medical school-associated stress. Medical students in the pre-clinical stage (4th semester) will be coached individually following the so-called wingwave method during the preparation for the first medical exam, also called "Physikum". The wingwave method is a short-term coaching, that is particularly suited, according to the developer, to improve stress management. We measure the perceived medical school stress, mental and general health both in students who participate in a coaching during the preparation phase, as well as students who receive no coaching. The aim of the study is to examine whether a coaching in the exam preparation phase can reduce the stress and whether this improves the mental and general health compared to those students who receive no coaching. We also want to gather information about which components of the coaching of the students are particularly effective and which are perceived as not effective.

Brief Summary in Scientific Language

In a randomised controlled trial planned for July to September 2014, we aim to gather data regarding the effectiveness of individual coaching on medical school-associated stress. Medical students in the pre-clinical stage (4th semester) will be coached individually following the so-called wingwave method during the preparation for the first medical exam, also called "Physikum". The wingwave method is a short-term coaching, that is particularly suited, according to the developer, to improve stress management. Using validated instruments (HADS, PMSS-D, global health item), we measure the perceived medical school stress, mental and general health both in students who participate in a coaching during the preparation phase, as well as students who receive no coaching or a "coaching light". The aim of the study is to examine whether a coaching in the exam preparation phase can reduce the stress and whether this improves the mental and general health compared to those students who receive no coaching or a "coaching light". Using qualitative techniques, we also want to gather information about which components of the coaching of the students are particularly effective and which are perceived as not effective.

Do you plan to share individual participant data with other researchers?



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[---]*

Description IPD sharing plan

[---]*

Organizational Data

- DRKS-ID: **DRKS00006349**
- Date of Registration in DRKS: **2014/07/17**
- 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.: **14-098 , Ethik-Kommission Universität zu Lübeck Medizinische Fakultät des Universitätsklinikums Schleswig-Holstein**

Secondary IDs

Health condition or Problem studied

- Free text: **Exam-related stress**
- Free text: **General health; mental health**

Interventions/Observational Groups

- Arm 1: **Coaching following the wingwave-method (1h of group coaching dealing with emotional stress coping, 2hrs of individual coaching with 2 weeks in between the sessions additionally dealing with individual stressors and their handling)**
- Arm 2: **"Coaching light" following the wingwave method (1h of group coaching together with Arm 1, information leaflet containing information regarding the group coaching)**
- Arm 3: **no coaching**

Characteristics

- Study Type: **Interventional**



Study Type: **Interventional**

- Study Type Non-Interventional: [---]*
- Allocation: **Randomized controlled trial**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Active control (effective treatment of control group), Control group receives no treatment**
- Purpose: **Prevention**
- Assignment: **Parallel**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

Medical school stress (PMSS-D) at t1 (day of the group coaching), t2 (after the individual coaching, before the exam), t3 (directly after the exam)

Secondary Outcome

General health using a single item ("How would you describe your health in general?"); mental health (HADS); both at t1 (day of the group coaching), t2 (after the individual coaching, before the exam), t3 (directly after the exam)

Countries of recruitment

- DE **Germany**

Locations of Recruitment

- other **Universität, Lübeck**

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2014/07/25**
- Target Sample Size: **129**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**



Inclusion Criteria

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

Additional Inclusion Criteria

Participation first medical exam August 2014

Exclusion criteria

none

Addresses

■ Primary Sponsor

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■ Contact for Scientific Queries

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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): **2014/09/12**

Trial Publications, Results and other documents

- Paper [---]*

* 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.