

SHARK - Intervention Study for irritable bowel syndrome within a short-term therapy

Summary:

The SHARK study is an intervention study for irritable bowel syndrome (IBS). The study is carried out at the community hospital Havelhöhe in cooperation with the Max Lüscher Foundation (Switzerland), the Steinbeis Hochschule Berlin and the Charité - Universitätsmedizin Berlin. The aim is to reduce the IBS symptom score in the short and medium term and to improve the quality of life through an integrative short-term therapy approach with multimodal therapy elements based on anthroposophic medicine in the treatment of irritable bowel syndrome. For this purpose, various therapy modules (psychoeducation, painting therapy, eurythmy therapy, plasticizing, imagination/hypnosis, oil compresses, nutritional counselling and a cognitive training group) and their effects on a cohort of irritable bowel patients is analysed.

In addition to the central outcome of improving the IBS symptom with the IBS-SSS, various survey instruments are used within the study to investigate whether and which schematic disorders predestine irritable bowel syndrome, including the Mode Inventory (SMI) scheme. For this purpose, various therapy modules (psychoeducation, painting therapy, eurythmy therapy, plasticizing, imagination/hypnosis, oil compresses, nutritional counselling and a cognitive training group) and their effects on a cohort of irritable bowel patients is analysed.

In addition to the central outcome of improving the IBS-SSS, various survey instruments are used within the study to investigate, for example with the Scheme Mode Inventory (SMI), whether and which schematic disorders predestine irritable bowel syndrome. Further survey instruments are the Patient Health Questionnaire (PHQ-9), the General Anxiety Disorder (GAD-7) and a questionnaire for the evaluation of anthroposophic therapies.

Principal investigator:

Matthes, MD

Dörner

Project coordinator:

Hinse

Research associate:

Kruschel

Wagner

Ludin

Hunklinger

Hospital Havelhöhe:

- Clinic for Anthroposophical Medicine
- Department of Psychosomatic Medicine and Psychotherapy
- Academic teaching hospital of the Charité

Steinbeis-Transfer-Institute Medical Psychology Berlin

Project duration:

Jan 2018 - Oct 2018

Project status:

main phase

Funding:

Software AG Foundation

Cooperation: