

# YP Face IT: an online psychosocial intervention for adolescents with a visible difference (RCT)

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20261

### Source

NTR

### Brief title

YP Face IT

### Health condition

All visible differences

## Sponsors and support

**Primary sponsor:** Erasmus Medical Center, Sophia Children's Hospital

**Source(s) of monetary or material Support:** Innovatiefonds Zorgverzekeraars

## Intervention

## Outcome measures

### Primary outcome

Social anxiety and Body esteem

### Secondary outcome

- Depressive symptoms (CDI-2)
- Quality of life (EQ-5D-5L)
- Aspects of self-worth (CBSA)
- Perceived stigmatisation (PSQ)
- Life engagement (Life engagement scale)
- Body dysmorphic disorder symptoms (Spiegeltje, spiegeltje)

## Study description

### Background summary

Approximately 250.000 adolescents in the Netherlands have a visible difference (i.e. disfigurement). Many of these adolescents experience appearance-related distress and worry about romantic relationships (Griffiths, Williamson, & Rumsey, 2012).

To address this appearance-related distress, an online psychotherapeutic intervention, Young People Face IT (YP Face IT), has been developed in England to help young people cope (Williamson, Griffiths, & Harcourt, 2015). The adult intervention, Face IT, has already been tested and found effective at reducing anxiety, depression and appearance concerns amongst individuals with disfigurements, whilst increasing positive adjustment (Bessell et al., 2012).

### Study objective

YP Face IT is effective at reducing social anxiety and improving body esteem

### Study design

T1: Prior to randomisation.

T2: Immediately after intervention or (in case of care as usual) after 13 weeks.

T3: 3 months after the intervention or (in case of care as usual) after 25 weeks.

### Intervention

YP Face IT/Face IT voor jongeren

## Contacts

### **Public**

Erasmus MC - Sophia Kinderziekenhuis  
Marije van Dalen

0107037251

### **Scientific**

Erasmus MC - Sophia Kinderziekenhuis  
Marije van Dalen

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## Eligibility criteria

### **Inclusion criteria**

Eligible are all adolescents who:

- Are aged between 12 and 18
- Have access to a computer with internet
- Have a visible difference
- Experience problems concerning social anxiety, body esteem or depression

### **Exclusion criteria**

A participant will be excluded from participation if:

- He/she is mentally disabled
- The reading ability is below 12 years of age
- Visual impairments prevent comprehension of the online intervention
- He/she has a diagnosis of depression, psychosis, body dysmorphic disorder or eating disorder
- He/she has insufficient proficiency of Dutch
- He/she currently receives face-to-face psychological treatment

## Study design

## Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-08-2019
Enrollment:	224
Type:	Anticipated

## IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Positive opinion	
Date:	26-03-2019
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 46518  
Bron: ToetsingOnline  
Titel:

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL7626
CCMO	NL63955.078.18
OMON	NL-OMON46518

## Study results