

Reducing suicidal thoughts: a web-based self-help intervention.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20852

Source

NTR

Brief title

N/A

Health condition

suicidal thoughts
suicidal ideation
suicide
attempted suicide
self harm
gedachten aan zelfdoding
zelfdoding
poging tot zelfdoding
zelfbeschadiging

Sponsors and support

Primary sponsor: Department of Clinical Psychology and the EMGO Institute for Health and Care Research, Faculty of Psychology and Education, VU University Amsterdam

Source(s) of monetary or material Support: Netherlands Organization for Health Research and Development (ZonMw)

Intervention

Outcome measures

Primary outcome

The reduction in frequency and intensity of suicidal thoughts.

Secondary outcome

1. The increase in number of people that seeks professional help;
2. Reduction in feelings of hopelessness, anxiety, depression, insomnia and worrying.

Study description

Background summary

Suicide, attempted suicide and suicidal thoughts are a major problem in Dutch society. Face-to-face treatments often consist of Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) or Problem Solving Treatment (PST). However, about 50% of the people who die by suicide are not in contact with mental health care services at that moment, and many have never been treated. Even when patients are being treated for depression or other emotional disorders, many do not disclose their suicidal thoughts to their care provider. This may be out of shame, due to fear of stigma or to not having faith in (mental) health care. Web-based self-help might be a promising new way to reach people with this serious mental health problem who would not be reached otherwise. In this study, a recently developed self-help intervention will be evaluated in a RCT.

The 260 participants will be recruited in the Netherlands.

Study objective

This study aims at testing the effectiveness of a web-based self-help intervention for people with mild to moderate suicidal thoughts.

Study design

Measure are taken at three timepoints: pre- and post the intervention, and at follow-up after 3 months. At all timepoints, the following self-report questionnaires are administered:

1. Beck Suicidal Ideation Scale, self-report;
2. Beck Depression Inventory;
3. Beck Hopelessness Scale;
4. Hospital and Anxiety and Depression Scale (only the Anxiety subscale);
5. Penn State Worry Questionnaire;
6. EuroQol;
7. Trimbos/iMTA questionnaire for Costs associated with Psychiatric Illness;
8. Loneliness Scale.

Intervention

The self-help intervention is based on CBT and consists of 6 lessons. By means of exercises participants learn to gain control over, and reduce, their suicidal thoughts. Besides this, attention is given to emotion regulation, future perspectives and self-esteem.

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

1. 18 years and over;
2. Mild to moderate suicidal thoughts.

Exclusion criteria

1. No suicidal thoughts;
2. Severe suicidal thoughts;
3. Severe depression.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-04-2009
Enrollment:	260
Type:	Anticipated

Ethics review

Positive opinion

Date: 26-02-2009

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

No registrations found.

In other registers

Register	ID
NTR-new	NL1607
NTR-old	NTR1689
Other	ZonMW : 12051.0003
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results

N/A