

Acceptance and Commitment Therapy as a self-help intervention.

No registrations found.

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

Summary

ID

NL-OMON22276

Source

Nationaal Trial Register

Brief title

ACT

Health condition

Anxiety, depression

Sponsors and support

Primary sponsor: Universiteit Twente

Source(s) of monetary or material Support: Fond Psychische Gezondheid

Intervention

Outcome measures

Primary outcome

Decreased psychological distress (depression measured with the CES-D and anxiety measured with the HADS-A).

Secondary outcome

Increased mental health, measured with the MHC-SF.

Study description

Background summary

This study will evaluate a self-help book based on Acceptance and Commitment Therapy for adults with mild to moderate depression or anxiety. The participants will get email counseling. The effects on depression, anxiety and mental health will be examined in a randomized controlled trial.

Study objective

The main hypothesis is that a preventive self-help intervention based on ACT for adults with mild to moderate distress leads to a decrease in psychological distress (depression and anxiety), fatigue and an increase in psychological flexibility and mental health, compared with a wait list group.

Study design

Experimental condition: The participants will be asked to complete measurements at baseline (T0), three weeks and six weeks after starting with the intervention (T1, T2), directly after the intervention (9 weeks) (T3) and three months after the intervention (T4).

Control condition: The participants will be asked to complete measurements at baseline (T0), directly after the intervention (9 weeks) (T3) and three months after the intervention (T4).

Intervention

1. Experimental condition: The self-help intervention “Living to the fullest” with process monitoring by a counselor with e-mail contact.

The intervention is a self-help book that consist of 9 modules. The intervention is based on six core processes of ACT for creating more psychological flexibility and is based on mindfulness exercises;

2. Experimental condition: The self-help intervention with process monitoring and personal support by a counselor with e-mail contact;

3. Control condition: A waitlist group, the participants receive the self-help intervention after three months.

Contacts

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Eligibility criteria

Inclusion criteria

People of 18 years and older with mild to moderate psychological distress (anxiety, depression), fatigue and/or with low mental health.

Exclusion criteria

1. Serious psychopathology requiring immediate treatment;
2. Recently started on pharmacological treatment;
3. Currently undergoing treatment at a mental health institution;
4. Reporting no psychological complaints (a score of 9 or below on the CES-D or a score of 2

or below on the HADS-A);

5. Not enough time for following the self-help intervention;

6. Poor control of the Dutch language (reading or learning difficulties);

7. Not having an e-mail address.

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):	03-03-2009
Enrollment:	180
Type:	Anticipated

Ethics review

Positive opinion	
Date:	31-08-2009
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 NL1871

NTR-old NTR1985

Other Fonds Psychische Gezondheid / METIGG : 20086339 / NL28042.097.09

ISRCTN ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A