

ENgage YOung people earlyY (ENYOY): eHeadspace GN in the Netherlands.

No registrations found.

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

Summary

ID

NL-OMON22569

Source

Nationaal Trial Register

Brief title

ENYOY

Health condition

stages 1a: Help-seeking individuals with mild mental health symptoms and mild functional impairment and stage 1b: People with attenuated mental health syndromes with partial specificity, often with mixed or ambiguous symptoms and moderate functional impairment

Sponsors and support

Primary sponsor: ZonMw

Source(s) of monetary or material Support: ZonMw

Intervention

Outcome measures

Primary outcome

-Psychological Distress assessed with the Kessler Psychological Distress Scale (K10, Kessler et al, 2002)

-Social and Occupational Functioning Assessment Scale (SOFAS, Goldman et al, 1992)

Secondary outcome

- An instrument that assesses empowerment, psychosocial functioning, quality of life, hope and recovery as well as mental symptoms of young people aged 12-25 years. The positive health instrument of Machteld Huber (<http://www.ipositivehealth.com/>) qualifies for this purpose but young people commented that the language should be adjusted to better match their age group. There is also an app version of the positive health questionnaire, a method of assessment that is more appealing to young people. The Youth Panel, Machteld Huber and the project-group will revise the instrument and validate it in the current study. Mrs. Huber is already involved in the project.
- Stress biomarkers with a smart-watch
- “websites journeys” of visitors (number of visits, number of selected activities etc.) will be collected
- Feedback regarding usability, acceptability, accessibility, user friendliness and personal contribution

Study description

Background summary

Background: The onset of mental disorders typically occurs between the ages of 12 and 25, and the burden of mental health problems is greatest for this group. Indicated prevention interventions to target individuals with subclinical symptoms to prevent the transition to clinical levels of disorders have shown to be effective. However, the threshold to seek help appears to be high even when help is needed. Online interventions could offer a solution, especially during the Covid-19 pandemic. This implementation study will research the online indicated prevention intervention ENgage Young peOple Early (ENYOY), the Dutch version of the original eHeadspace GN from Australia, for youth (12-25 years) experiencing the early stages of mental health complaints. In addition, the relationship between stress biomarkers, symptoms and outcome measures of youth using the website is also object of this study.

Methods: The eHeadspace GN website will be adapted, translated and developed for the situation in the Netherlands together with a Youth Panel. A prospective cohort of 125 young people (12-25 years) with beginning mental health complaints will be on the platform and followed for a year, of which those who are interested will have an additional smart-watch and 10 participants will be asked to provide feedback about their experiences on the platform. Data will be collected at baseline and after 3, 6 and 12 months. Outcome measures are Psychological Distress assessed with the Kessler Psychological Distress Scale (K10), Social and Occupational Functioning Assessment Scale (SOFAS), positive mental health indicators measured by the positive health instrument, stress biomarkers with a smart-watch, website journeys of visitors, and feedback of youth on the platform. It will be a mixed study design, containing qualitative and quantitative measures.

Discussion: Considering the waiting lists in (Child and adolescent) psychiatry and the increase

in suicides among youths, early low-threshold and non-stigmatizing help for young people with emerging psychiatric symptoms is of crucial importance. The current project could make a contribution.

Study objective

Our hypothesis is that the project will attain similar results of improvement among young people in psychological distress and psychosocial functioning with the eHeadspace GN website in the Netherlands.

Study design

Data will be collected at baseline and after 3, 6 and 12 months

Intervention

- i) peer-to-peer on-line social networking;
- ii) individually tailored interactive psychosocial interventions;
- iii) involvement of expert mental health and peer moderators to ensure the safety of the intervention and to directly support participants with moderation and eventual with chats.

Contacts

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Eligibility criteria

Inclusion criteria

- Age 12-25
- Help-seeking for mental health concerns in stages 1a or 1b

-Being able and willing to consent

Exclusion criteria

- Mental disorder in clinical stages 2-4
- Acute risk of self-harm requiring urgent intervention (i.e., suicidal ideation with a current plan and intent to enact this plan)

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-01-2018
Enrollment:	125
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Plan description

N/A

Ethics review

Positive opinion	
Date:	13-10-2020
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 46226

Bron: ToetsingOnline

Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL8966
CCMO	NL66345.018.18
OMON	NL-OMON46226

Study results

Summary results

N/A