

Efficacy of happiness exercises

No registrations found.

Ethical review	Not applicable
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22583

Source

Nationaal Trial Register

Health condition

Mental well-being, Happiness, Positive Psychology interventions, Positive mental health

Sponsors and support

Primary sponsor: University of Twente

Source(s) of monetary or material Support: University of Twente

Intervention

Outcome measures

Primary outcome

The level of mental well-being as measured with the MHC-SF

Secondary outcome

positive relations, gratitude, optimism, positive and negative emotions, flourishing, anxiety, depression, stress

Study description

Background summary

People with high levels of mental well-being have a better mental health and have a lower risk of developing common mental disorders. Positive psychology interventions have been developed to enhance mental well-being and prior studies have shown its efficacy. However, little is known about the efficacy of such positive psychology interventions in The Netherlands and in a general population study. The aim of this study is to examine the efficacy of different positive psychology interventions (Acts of Kindness and gratitude exercises) in a general population sample in The Netherlands compared to an active control condition as well as a wait-list control condition.

Study objective

- How effective are the Acts of Kindness exercises with and without reflection compared to an active control condition and wait-list condition on mental well-being, flourishing, positive relations, gratitude, positive and negative emotions, optimism, anxiety, depression and stress?
- How effective are the gratitude exercises compared to an active control condition and wait-list condition on mental well-being, flourishing, positive relations, gratitude, positive and negative emotions, optimism, anxiety, depression and stress?
- Are positive effects of the happiness exercises maintained up to 12 months?
- Which specific subgroups benefit more from the happiness exercises than others? (men/women, education level, anxiety or depressive symptom level at baseline)

Study design

Baseline (T0), after 2 (T1) and 4 weeks (T2) short mediation questionnaires, post-test at 6 weeks (T3) and follow-up measures at 3 months (T4) and 12 months (T5) after baseline.

Intervention

- Experimental group 1: One time per week, during 6 weeks performing 5 acts of kindness on one day. Writing the following day in an online happiness journal what they did and reflect on this.
- Experimental group 2: One time per week, during 6 weeks performing 5 acts of kindness on one day. Writing the following day in an online happiness journal what they did (no reflection).
- Experimental group 3: Performing a different gratitude exercise each week. Writing the

following day in an online happiness journal where they are most grateful for.

- Active control condition: One time per week, during 6 weeks treating themselves 5 times on one day. Writing the following day in an online happiness journal what they did.

- Wait-list group: People are told that they can choose the happiness exercises they prefer to do, but after we collect some normal fluctuations in their level of happiness. Therefore, they will receive the happiness exercise after the 3 months follow-up questionnaire.

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Eligibility criteria

Inclusion criteria

- Participant is above 18 years
- Participant experiences a low or moderate level of well-being ("languishers" or "moderately mentally healthy")
- Participant has sufficient internet connection and an e-mailaddress
- Participant masters the Dutch language to fill in questionnaires and follow the self-help intervention independently.

- Participant gives informed consent for participating in the study.

Exclusion criteria

- Presence of serious depressive or anxiety symptoms: score of >34 on the depression scale (CES-D) and/or score of >15 on the anxiety scale (GAD-7).

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	09-09-2017
Enrollment:	390
Type:	Actual

Ethics review

Not applicable	
Application type:	Not applicable

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	NL6604
NTR-old	NTR6786
Other	: K17-31

Study results

Summary results

N/A