Online training to reduce anxiety and depressive symptoms

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23135

Source
Nationaal Trial Register

Health condition

anxiety, depression, working memory, information processing, attentional bias, online training

Dutch:
Angst, depressie, werkgeheugen, informatieverwerking, aandachtsbias, online training

Sponsors and support

Primary sponsor: University of Amsterdam
Source(s) of monetary or material Support: Dutch National Science Foundation, N.W.O.

Intervention

Outcome measures

Primary outcome

For anxiety part:

- State-Trait Anxiety Inventory (STAI, trait version)

For depression part:

- Beck Depression Inventory (BDI)

Secondary outcome

Moderators:

-severity of complaints pre-training

-number of sessions completed

For both anxiety and depression:

- Rosenberg self-esteem scale (RSES)

- Alcohol Use Disorders Identification Test (AUDIT-C, short version: 3 items)

- Mood (depression or anxiety) and motivation before each training session

- Mood (depression or anxiety) since previous session (Time Line Follow Back)

- Client satisfaction questionnaire and training-specific evaluation questions (only at post-training)

Change in cognitive processes (not at FU 1 and 2):

- WM capacity: Self Ordered Pointing Task
(SOPT)

- Attentional bias: Emotional Visual Search Task (EVST)

For anxiety part only :

- Liebowitz Social Anxiety Scale (LSAS)

- Beck's Depression Inventory (BDI)

- Penn State Worry Questionnaire abbreviated (PSWQ-a; 8 items)

+ If any of these symptoms indicated in the screening questionnaire based on SCID

interview:

- Panic Disorder Severity Scale Self-Report (PDSS-SR)

- Fear Questionnaire (FQ)

- Obsessive Compulsive Inventory-Revised (OCI-R)

- PTSD Symtom Scale (PSS-SR)

For depression part only:

- Ruminative Response Scale (RRS)

- State-Trait Anxiety Inventory (STAI trait version)

- Attentional Control Scale (ACS)

Study description

Background summary

In this study, we test an online training program designed to reduce anxiety and depression symptoms in symptomatic adults. Participants are recruited online and randomly assigned to one of 4 training conditions (2 (experimental) x 2 (placebo) factorial design). Training focuses on attentional bias and cognitive control (working memory).
Anxiety and depressive symptoms and secondary outcome measures are assessed at pre-, half-way- and post-training and 1, 2 and 3 months follow-up.

Study objective

The aim of the current study is to test whether online training of a positive attentional bias and/or working memory capacity can reduce anxiety and/or depressive symptoms in adults with heightened emotional symptoms.

Study design

Pre-training

Half-way training (after 6 sessions)

Post-training

Follow-up 1: 1 month

Follow-up 2: 2 months

Follow-up 3: 3 months

Intervention

Participants complete 11 30-minute sessions of online computer training (during +/- 4 weeks). Each session consists of 2 types of training:

1. Attention bias training: visual search task (VST);

2. Working memory training: emotional block-tapping task (ECT)

Participants are randomized over 4 groups, with a factorial design:

1 VST real + ECT real

2 VST real + ECT placebo

3 VST placebo + ECT real

4 VST placebo + ECT placebo

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Eligibility criteria

Inclusion criteria

> 18 years old

Interest in reducing anxious or depressive symptoms. Participants can choose the depression or anxiety part based on their major complaints. The training programme is identical for both, but assessments differ somewhat.

Exclusion criteria

None.

However, participants are screened using the State-Trait Anxiety Inventory (STAI, trait version) for anxiety or the Beck Depression Inventory (BDI) for depression.

For scores below 14 (BDI) or 40 (ZBV) they receive feedback that it's not necesarry to participate in training, but that they are free to continue.
For scores above 29 (BDI) or 46 (ZBV) they are adviced to contact there doctor to seek professional help, but are still free to participate.

Study design

Design

Study type:	Interventional
Intervention model:	Factorial
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Placebo

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-06-2013
Enrollment:	400
Type:	Actual

Ethics review

Positive opinion

Date:	21-05-2014
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	NL4525
NTR-old	NTR4660
Other	METC Psychology department UvA : 2013-OP-3023

Study results

Summary results

N/A