Prevention of Adolescent Social and Test Anxiety.

No registrations found.

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

Summary

ID

NL-OMON23165

Source
NTR

Brief title
PASTA

Health condition

1. Control group;

2. Cognitive behavioural group therapy;

3. Computer-based BiasRetraining.

Sponsors and support

Primary sponsor: 1. Accare, University Centre Child and Adolescent Psychiatry;
2. University of Groningen (RuG) department of Clinical and Developmental Psychology;
3. University Medical Centre Groningen (UMCG).
Source(s) of monetary or material Support: ZonMW-prevention (www.zonmw.nl)

Intervention

Outcome measures

Primary outcome

1. Revised Child Anxiety and Depression Scale (RCADS, Chorpita et al., 2000);

2. Spielberger Test Anxiety Inventory (Spielberger et al., 1980);

3. the interference of mental disorders by the semi-structured Anxiety;

4. Disorder Interview Schedule (ADIS, Silverman and Albano, 1996).

Secondary outcome

1. Fear of negative evaluation (FNE, Watson & Friend, 1969; Leary, 1983);

2. Rosenberg self-esteem scale (RSES, Rosenberg, 1965);

3. Matson Evaluation of Social Skills with Youngsters (MESSY, Matson, Rotatori & Helsel, 1983);

4. Implicit Association Test (IAT, Greenwald et al., 1998).

Study description

Background summary

In this study the effectiveness of two easiliy accessible interventions is tested. Participants (2300) are recruited on high schools. They are screened on symptoms of social and test anxiety. Participants with elevated scores are interviewed (ADIS C/P). After the interview they are randomly assigned to one of three conditions (assignment takes place on school level). Participants are measured immediately before the intervention/control, immediately after intervention/control and there is a follow-up at 6, 12 and 24 months. At 24 months all 2300 participants will be screened again.

Study objective

1. Cognitive behavioural group therapy is more effective than no intervention in prevention of social anxiety and related psychological problems;

2. Computer-based BiasRetraining is more effective than no intervention in prevention of social anxiety and related psychological problems;

3. Cognitive behavioural group therapy and BiasRetraining are equally effective in preventing social anxiety and related psychological problems.

Study design

Assessments take place at pretest, posttest, and at 6, 12, and 24 months follow-up.

The ADIS will only be included in the pretest, posttest and 12 months follow-up assessment, whereas the self report questionnaires will be included in all assessments.

Intervention

1. Cognitive behavioural group therapy (appr. 8 participants per group): 12 1,5-hour sessions. Psycho-education, cognitive therapy, exposure, task concentration training;

2. Bias Retraining: internet-based training consisting of 21 45-minute sessions using Interpretational bias retraining, attentional bias retraining and self-esteem conditioning tasks.

Contacts

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Eligibility criteria

Inclusion criteria

1. Scholars in first and second grade of high school (age 13-15);

2. VMBO-T, HAVO and VWO (Atheneum and Gymnasium) with elevated symptoms of social and test anxiety as measured with RCADS and ETAV.

Exclusion criteria

1. PDD;

2. Other mental disorders based on the ADIS interview C/P;

3. Severe social and/or test anxiety.

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	10-04-2007
Enrollment:	2300
Type:	Actual

Ethics review

Positive opinion

Date:	03-05-2007
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	NL940
NTR-old	NTR965
Other	: METC2006.005
ISRCTN	incomplete

Study results

Summary results
N/A