

ACT your way: A transdiagnostic treatment approach for multiple disorders in transitional-age youth

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23521

Source

NTR

Brief title

ACT your way

Health condition

Various psychological problems

Sponsors and support

Primary sponsor: Universiteit Utrecht

Source(s) of monetary or material Support: ZonMW

Intervention

Outcome measures

Primary outcome

The two main primary outcome measures are psychological flexibility (measured with the AFQ-Y) and the number of diagnoses (measured with the SCID-5-Junior, a semi-structured diagnostic interview).

Secondary outcome

Secondary outcomes are the presence of the primary disorder, psychopathology, global functioning, quality of life, individual and societal functioning, emotion regulation, personality problems, autonomy, stress, perfectionism, self-esteem and self-compassion. Other study parameters are demographic information, type and severity of problems, psychopathology of parents, information about previous treatments and life events, treatment expectancy, satisfaction with treatment, therapeutic alliance, information about drop-out, treatment integrity and content of the treatment. Costs are registered in a cost questionnaire.

Study description

Background summary

The developmental period of late adolescence to early adulthood is a period characterized by significant variability and change. Due to these significant changes, transitional-age youths (i.e., youths aged 15 to 25; TAY) are at great risk of developing psychological problems. Despite the evidence that the prevalence of psychological disorders among TAY is high, TAY are much less likely to receive treatment for their psychological problems compared to other age groups (e.g., adolescents or adults). In addition, there are few interventions specifically developed for this specific age group. Nowadays, TAY are often treated with interventions developed for either adolescents or adults. These interventions often do not meet TAY's needs and are therefore not developmentally sensitive. Moreover, most of these interventions mainly focus on reducing symptoms of one specific disorder, instead of targeting transdiagnostic mechanisms underlying symptoms of multiple disorders. By doing so, these interventions are less suitable for TAY with comorbid, chronic or recurrent psychological problems. Hence, we propose ACT your way, a transdiagnostic treatment specially developed for TAY. Due to its strong focus on identity and autonomy development, the intervention fits well with the developmental needs of this age group. ACT your way is based on the principles of Acceptance and Commitment Therapy (ACT). The main purpose of ACT is to promote psychological flexibility, a transdiagnostic mechanism which can be defined as an individual's acceptance of negative feelings, thoughts and physical sensations and the ability to choose an adaptive (and more effective) response. Meta-analyses including adults show that ACT is an effective treatment for individuals with depression, anxiety and other types of psychopathology. In addition, a pilot study that has been conducted in TAY with recurrent or chronic depression shows promising effects.

Considering this, the goal of the current study is to examine the (cost-)effectiveness of ACT your way, by comparing ACT your way with treatment as usual (TAU) in TAY (aged 15 to 25) with various psychopathology (including chronic, comorbid and recurrent diagnoses). We expect ACT your way to be more effective and cost-effective compared to TAU. In addition, we will examine several moderators and mediators to study for whom the intervention is effective and how the intervention works.

Study objective

We expect that ACT your way is more (cost-)effective than TAU and shows more improvements related to (1) psychological flexibility, (2) psychopathology, (3) quality of life, (4) global functioning, (5) individual and societal functioning, (6) emotion regulation, (7) personality problems, (8) autonomy, (9) stress, (10) perfectionism, (11) self-esteem and (12) self-compassion at the short term (immediately after treatment) but also at the long term (after 6 months). Furthermore, we expect better (13) treatment alliance, (14) less drop-out and (15) more treatment satisfaction of the adolescent/young adult since ACT your way is more attuned to their needs.

Study design

Six multiple informant (adolescent/young adult, parent, therapist) assessments will be conducted: prior to treatment (pre-treatment), after 3 sessions (mediator 1), after 6 sessions (mediator 2), after 9 sessions (mediator 3), immediately after treatment (post-treatment) and 6 months after treatment (6-month follow-up).

Intervention

ACT your way is an intervention based on Acceptance and Commitment Therapy (ACT), that is not directed primarily at symptom reduction but at changing the underlying mechanism of psychopathology, namely psychological inflexibility. ACT your way consists of twelve weekly sessions.

Contacts

Public

Universiteit Utrecht
Janna Keulen

030 253 4801

Scientific

Universiteit Utrecht
Janna Keulen

030 253 4801

Eligibility criteria

Inclusion criteria

1. A primary diagnoses of any disorder (e.g., anxiety disorder, OCD, trauma, depressive disorder, dysthymic disorder, ODD, CD or any combination of these)
2. Aged 15 to 25 years
3. Referred to one of the participating mental health institutions.

Exclusion criteria

1. Insufficient knowledge of the Dutch language
2. Acute suicide risk
3. Drug abuse
4. Absence of adolescents'/young adults' or parental permission (for subjects below the age of 16)
5. Estimated IQ below 80
6. Unstable medication (i.e. the medication should be set before the start of the intervention and should remain stable)

Study design

Design

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

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-01-2022
Enrollment:	134
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Not applicable

Application type: Not applicable

Study registrations

Followed up by the following (possibly more current) registration

ID: 55941

Bron: ToetsingOnline

Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL9642
CCMO	NL78679.041.21
OMON	NL-OMON55941

Study results