

Resilience and positive mental health in Suriname

No registrations found.

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

Summary

ID

NL-OMON23573

Source

NTR

Brief title

SMWRP

Health condition

resilience, positive mental health, work engagement, healthy employees in Paramaribo, Suriname

veerkracht, positieve mentale gezondheid, bevlogenheid onder gezonde werknemers in Paramaribo, Suriname

Sponsors and support

Primary sponsor: Twente University

University of Amsterdam

Anton de Kom University of Suriname

Source(s) of monetary or material Support: This trial is funded the University of Amsterdam, as part of an external PhD program of the main author and the following participating companies in Suriname: Multi Electronic System N.V., Surinaamse Postspaarbank N.V. and the InterMed Group.

Intervention

Outcome measures

Primary outcome

The primary outcome measure for this study is resilience. It will be assessed by means of the Resilience Scale for Adults (RSA).

Secondary outcome

Positive Mental Health: this construct will be measured by the Dutch version of Mental Health Continuum-Short Form (MHC-SF)

Depression, Anxiety, Stress: these constructs will be measured by the Dutch version of the Depression Anxiety Stress Scale (DASS-21)

Work Engagement: this construct will be measured with the Utrecht Work Engagement Scale (UWES), a 17 item scale measuring the dimensions vitality, commitment and absorption

Financial distress: this will be measured with the InCharge Financial Distress/Financial Well-Being Scale (IFDFW), an 8 item scale that measures financial well-being

Flexibility: this construct will be measured by the Acceptance and Action Questionnaire (AAQ-II), a seven item questionnaire that measures psychological flexibility

Study description

Background summary

Background: Resilience is the capacity to deal with adversity and traumatic events. Research on the effects of resilience training in the workplace is limited and there is no research available from studies in non-Western countries.

Objectives: To evaluate the efficacy of a cultural adapted multi-component positive psychology program on resilience, positive mental health, anxiety, depression, stress, work engagement, psychological flexibility and financial distress.

Method/Design: A randomized trial will be conducted among employees in Paramaribo, Suriname. Employees will be divided into an intervention group and a waiting list control group. The intervention group will undergo a culturally sensitive resiliency training program consisting of six modules.

Results: The primary outcome will be resilience. Secondary outcomes are positive mental health, depression, anxiety, stress, work engagement, psychological flexibility and financial distress.

Discussion: This study will be the first randomized trial to measure the effects of a resilience training program in non-Western organizations. The program aims at enhancing the skills of employees in Suriname for better coping with the adversities they encounter in their daily lives during an economic crisis.

Study objective

The hypothesis is that a cultural sensitive resilience program significantly increases resilience, positive mental health, work engagement and decrease depression, anxiety, stress and financial distress in the intervention groupd compared to a wait-list control group

Study design

T1: baseline assessment

T2: post test assessment at 6 weeks

T3: follow-up assessment at 24 weeks

Intervention

A cultural sensitive multi component positive psychology program aimed at increasing resilience. Program consists of 6 weekly 2 hour sessions.

Contacts

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Eligibility criteria

Inclusion criteria

- i) participants belong to the age range: 18-60 years;
- ii) participants have at least finished secondary school (MULO);
- iii) participants have sufficient knowledge of the Dutch language to fill out the questionnaires and read the provided manual;
- iv) participants have a full-time employment;
- v) participant are willing to follow a 6 week program that consist of one weekly two hour training session, and addition recommended homework exercises during the intervention period;
- vi) participants give permission to participate in a research study through a signed informed consent form.

Exclusion criteria

employees with a history of medical or psychological problems

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non controlled trial

Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	15-03-2017
Enrollment:	154
Type:	Anticipated

Ethics review

Positive opinion	
Date:	21-12-2016
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	NL6026
NTR-old	NTR6157
Other	MEC TU Twente : BCE16487

Study results

Summary results

1. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Resilience and Positive Mental Health in the Workplace: a study protocol. (2017).

2. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Resilience in the Workplace: a positive psychology intervention to increase resilience and positive mental health among workers in Suriname.

3. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Psychological flexibility as a mediator in the development of positive mental health

4. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Cultural adaption of the Strong Minds Work Resilience program.

5. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Cultural adaption of the Strong Minds Work Resilience program