# The Effectiveness of an Online Health Training on Optimizing Health in a Healthy Population

No registrations found.

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

## Summary

### ID

NL-OMON23640

**Source**
Nationaal Trial Register

**Brief title**
Optimize your Health

**Health condition**

Online health training versus no-treatment Control group.

Online gezondheidstraining versus een geen-behandeling Controlegroep

### Sponsors and support

**Primary sponsor:** Leiden University
**Source(s) of monetary or material Support:** Leiden University

### Intervention

### Outcome measures

**Primary outcome**

The primary outcome measure is vitality, which consists of the standardized (z-scores) of the

SVS and CIS.

### Secondary outcome

Secondary study parameters include self-reported psychological outcome measures assessed at baseline, after 2 weeks, and after 4 weeks.

## Study description

### Background summary

The main aim of this study is to evaluate an abridged version of an online health training, based on cognitive behavioral therapy components, aimed at the optimization of health. Participants will be randomly allocated to either the Experimental group or the Control group and groups will be compared on psychological self-report measures after 2 weeks (immediately after the online health training), and at follow-up after four weeks, controlling for baseline.

### Study objective

The aim of this study is to investigate an abridged version of an online health training, based on cognitive behavioral therapy components, that is focused on the optimization of health. It is expected that this online health training will have a significant positive effect on health parameters in a population of healthy people who show some potential to improve their health, as compared to a no-treatment Control group.

### Study design

The study will take 4 weeks in total with measuring points at baseline, after 2 weeks, and after 4 weeks.

### Intervention

A randomized controlled between-subjects design will be applied. Participants are randomly allocated to one of two groups: the Experimental group will receive the online health training of 2 weeks duration, while the Control group serves a no-treatment control group. Participant health parameters will be measured three times: at baseline, after 2 weeks, and at follow-up after four weeks.

## Contacts

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# Eligibility criteria

## Inclusion criteria

1. Healthy adults (based on demographic questions).

2. Between the ages of 18 and 35 years old.

3. A score of < 5 on the Subjective Vitality Scale (SVS: Ryan & Frederick, 1997) and/or a score of > 17 on the Checklist Individual Strength-Fatigue Severity Scale (CIS: Vercoulen et al., 1994).

## Exclusion criteria

1. Severe medical or mental health conditions (based on demographics questions) that may interfere with the study protocol.

# Study design

## Design

| | |
|---|---|
| Study type: | Interventional |
| Intervention model: | Parallel |

| | |
|---|---|
| Allocation: | Randomized controlled trial |
| Masking: | Open (masking not used) |
| Control: | Placebo |

### Recruitment

NL

| | |
|---|---|
| Recruitment status: | Recruitment stopped |
| Start date (anticipated): | 21-03-2016 |
| Enrollment: | 60 |
| Type: | Actual |

## Ethics review

Positive opinion

| | |
|---|---|
| Date: | 17-03-2016 |
| 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 | NL5766 |
| NTR-old | NTR6008 |
| Other | Commissie Ethiek Psychologie (CEP) : CEP16-0218/70 |

# Study results

**Summary results**
n/a