

# Evaluation of a universal school-based depression prevention program for adolescents.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON24567

### Source

NTR

### Health condition

Adolescents (adolescenten), depression (depressie), prevention (preventie), positive development (positieve ontwikkeling).

## Sponsors and support

**Primary sponsor:** Radboud University Nijmegen, Trimbos-institute - Netherlands Institute of Mental Health and Addiction

**Source(s) of monetary or material Support:** ZON-MW, The Netherlands Organization for Health Research and Development.

## Intervention

## Outcome measures

### Primary outcome

Depressive symptoms.

## **Secondary outcome**

1. Anxiety: Revised Children's Manifest Anxiety Scale (RCMAS);
2. Hopelessness: Beck's Hopelessness Scale (BHS);
3. Happiness (Cantril ladder);
4. Life Satisfaction: Students Life Satisfaction Scale (SLSS);
5. Optimism: Life Orientation Test-Revised (LOT-R);
6. Coping: Children Coping Strategies Checklist-Revised (CCSC-R);
7. Self-Efficacy: Self-Efficacy Questionnaire (SEQ);
8. Attribution styles/thinking styles;
9. Truancy;
10. School grades;
11. School attitude;
12. Substance use: Alcohol use, smoking;
13. Friendships/ being part of cliques.

## **Study description**

### **Background summary**

In this randomized controlled trial (RCT, with 2 conditions, intervention and control group) the effectiveness of a universal depression prevention program for adolescents (12-14 years of age) will be tested. Adolescents in the experimental group receive the program consisting of 16 lessons of 50 minutes incorporated in the school curriculum. Measurement of primary and secondary outcomes will be conducted in the intervention and control group at baseline, immediately after the intervention, and subsequently at 6, 12, 18 and 24 months after the intervention.

### **Study objective**

The (long term) effectiveness of a school-based universal depression prevention program ("Op Volle Kracht") will be tested in a Dutch sample of adolescents (aged 12-14 years). It is

expected that adolescents who receive the intervention will show lower levels of depressive symptoms during the 2 years following the intervention, compared to the control group. Moreover, adolescents in the experimental group are hypothesized to show increases in positive outcomes as well (secondary outcomes) during the 2 years after the intervention, compared to adolescents in the control group.

## **Study design**

1. 0 (start);
2. Immediately after intervention;
3. 6 months after end of intervention;
4. 12 months after end of intervention;
5. 18 months after end of intervention;
6. 24 months after end of intervention (end).

## **Intervention**

Participating schools will be allocated at random to the intervention or control condition, stratified by educational level. Therefore, all adolescents in one school are in the same condition. In the intervention condition, classrooms will be split. All groups receive the program which consists of 16 lessons of 50 minutes and will be integrated in the school curriculum from February until June 2011. The program will be delivered by trained psychologists with a MSc degree. Adolescents in the control condition receive no intervention.

## **Contacts**

### **Public**

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### **Scientific**

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## Eligibility criteria

### Inclusion criteria

1. Adolescents in 8th grade, middle school (ages 12-14);
2. Middle school grade 8 (VMBO-t, HAVO, VWO, Gymnasium);
3. Informed consent.

### Exclusion criteria

Parents (on behalf of their child) do not allow their child to participate in the study.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-01-2011
Enrollment:	1382
Type:	Actual

## Ethics review

Not applicable

Application type: Not applicable

## 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	NL2741
NTR-old	NTR2879
Other	ZonMw : 50-51510-98-007
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

Tak, Y. R., Van Zundert, R. M. P., Kuijpers, R. C. W. M., Van Vlokhoven, B. S., Rensink, H. F. W., & Engels, R. C. M. E. (2012). A randomized controlled trial testing the effectiveness of a universal school-based depression prevention program 'Op Volle Kracht' in the Netherlands. *Bmc Public Health*, 12. doi:10.1186/1471-2458-12-21