

# Acts of Kindness in a student sample

No registrations found.

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

## Summary

### ID

NL-OMON24791

### Source

NTR

### Health condition

Mental well-being; positive relations

## Sponsors and support

**Primary sponsor:** None, regular activities at the University of Twente

**Source(s) of monetary or material Support:** None

## Intervention

## Outcome measures

### Primary outcome

Mental well-being (MHC-SF)

### Secondary outcome

- Positive relations
- Gratitude
- Positive and negative emotions

- Optimism
- Self-esteem
- Anxiety symptoms
- Depressive symptoms
- Perceived stress

## Study description

### Background summary

This is a study of the relationship between happiness exercises, positive experiences, and emotion. The aim of this study is to examine the efficacy of three variants of the Acts of Kindness intervention in a large student sample on mental well-being and positive relations. Second year students from the University of Twente will be asked to complete three longer online questionnaires (20 to 30 minutes) and three short online questionnaires (about 5 to 10 minutes). Students are also asked to follow through on instructions for happiness exercises designed to increase their well-being each week for 4 weeks. The study will be completed entirely over the Internet.

### Study objective

- 1) How effective is being kind to other people in general compared to being kind to family/friends or being kind to strangers on the level of mental well-being?
- 2) How effective are the three variants of acts of kindness on improving positive relations, positive emotions, optimism and gratitude?
- 3) How effective are the three variants of acts of kindness on reducing negative emotions, anxiety symptoms, depressive symptoms and perceived stress?
- 4) Are the effects of the intervention mediated by positive emotions and/or positive relations?

### Study design

T0 - baseline

T1 - short survey for mediation analyses

T2 - short survey for mediation analyses

T3 - short survey for mediation analyses

T4 - post-test

T5 - one month follow-up

## **Intervention**

After the introduction lecture, each second year student receives an email with an online informed consent form and - if completed - an invitation for completing the baseline questionnaire. After a few days, randomization will take place to allocate the students randomly to one of the three groups. Each group receives similar instructions for the Acts of Kindness intervention:

"Within the next five days, you pick one day as your kindness day. On this day, you are to perform five nice things for others, all five in one day. These acts of kindness do not need to be for the same person, the person may or may not be aware of the act, and the act may or may not be similar to the acts listed above. The day after your kindness day, we ask you to report what nice things you chose to perform."

The only difference between the three conditions is that the instruction is given about doing nice things for others (and give examples of things for family, friends and strangers), doing nice things for family or friends (including examples of them) or doing nice things for strangers including examples of them). The students receive these instructions once a week, during 4 weeks. When it is possible to allocate at least 60 students per condition, we might add a fourth condition wherein the students are instructed to do nice things for themselves (active control condition).

## **Contacts**

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## Eligibility criteria

### Inclusion criteria

Participants are second year students from Psychology and completed the informed consent and baseline questionnaire after the introduction lecture of Module 6.

### Exclusion criteria

None

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	14-11-2017
Enrollment:	200
Type:	Anticipated

## 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	NL6634
NTR-old	NTR6820
Other	EC University of Twente : BCE17724

## Study results

### Summary results

At least one RCT paper about the results