

Online intervention program 'Houd uw brein vitaal'.

No registrations found.

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

Summary

ID

NL-OMON25349

Source

NTR

Health condition

Cognitive problems, memory problems, forgetfulness
Cognitieve problemen, geheugenproblemen, vergeetachtigheid,

Sponsors and support

Primary sponsor: Maastricht University

Source(s) of monetary or material Support: National Initiative Brain & Cognition (NIHC)
Netherlands Organisation for Scientific Research (NWO)

Intervention

Outcome measures

Primary outcome

Subjective cognitive functioning measured with:

1. Metamemory in Adulthood questionnaire (MIA);
2. Cognitive Failures Questionnaire (CFQ);

3. Perceived degree of hinder, worry and annoyance about subjective memory functioning and subjective executive functioning;
4. Evaluation questions regarding the intervention and self evaluation after participation.

Secondary outcome

Psychological Well-being measured with:

1. Depression Anxiety Stress Scale (DASS);
2. Satisfaction with life scale (SWLS);
3. EuroQol-VAS;
4. Loneliness Questionnaire (LQ);
5. Need for recovery (NFR);
6. Short form-12 health survey (SF-12).

Objective cognitive functioning measured with:

1. Word learning test;
2. Trail making test;
3. Letter Digit substitution test.

Study description

Background summary

As people age, they increasingly encounter difficulties regarding changes in cognitive abilities. This is reinforced by the increase in productivity and the great appeal on intellectual abilities in many work tasks. Intervention programs focusing on coping with age-related cognitive changes and increasing memory self-efficacy could be an important and effective tool to counteract age-related psychological distress.

The primary objective of this study is to investigate the effectiveness of an online cognitive intervention program ('Houd uw brein vitaal') for healthy adults between 40 and 65 years old. It is investigated whether participants subjective cognitive functioning (memory self-efficacy,

self evaluation, and everyday mistakes), objective cognitive functioning (measured with 3 different cognitive tasks) and psychological wellbeing (measured with questionnaires) is influenced by participating in an online intervention program.

The online intervention program is a multidimensional program focusing on increasing awareness of the age-related changing brain, giving insight into personal improvements and providing tips and strategies regarding memory, attention and planning. The intervention consist of 3 educational modules; lifestyle, memory and effective work. Each module incorporates information provided in text or short video-messages and (homework) exercises. The duration of the online intervention is dependent on the speed of the participants but will be approximately 2 hours per module.

Study objective

The primary objective of this study is to investigate the effectiveness of an online cognitive intervention program. It is investigated whether participants subjective cognitive functioning, objective cognitive functioning and psychological wellbeing is influenced by participating in an online intervention program.

Study design

Pretest (baseline): All primary and secondary measures;

Post-test 1, 4 weeks after pretest: All primary and secondary measures;

Post-test 2, 8 weeks after pretest: Primary measures.

Intervention

Participants are randomly assigned to one of two groups; group A (experimental group) or group B (waiting-list control group) and are invited to do the baseline measurements (T0). Participants in group A get access to the intervention program immediately after finishing the baseline measurements. After finishing the program they are invited to do the post-test measurements (T1) and 4 weeks later the follow up measurements (T2). Participants in group B get access to the internet program after accomplishing the second (T1) and third measurements (T2).

The online intervention program is a multidimensional program focusing on increasing awareness of the age-related changing brain, giving insight into personal improvements and providing tips and strategies regarding memory, attention and planning. The intervention consist of 3 educational modules:

1. A lifestyle module in which (lifestyle) factors influencing cognitive functioning are discussed. Only evidence-based influential factors are included;

2. A memory module in which the cause of memory complaints, memory self-efficacy and memory strategies are discussed;
3. An effective work module in which tips for improving attention and planning skills are presented to the participants.

Each module incorporates information provided in text or short video-messages and (homework) exercises.

The duration of the online intervention is depending on the speed at which the participant completes the online intervention modules, but a maximum of 4 weeks is allowed. The estimated time to complete each intervention module (including the exercises) is between 2 and 2,5 hours per module.

Contacts

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Eligibility criteria

Inclusion criteria

1. Signed informed consent;
2. Age between 40 and 65 years old;

3. Adequate comprehension of the Dutch language;
4. Availability of desktop or laptop computer.

Exclusion criteria

1. History of chronic neurological or neurodegenerative disorders (e.g. stroke or dementia);
2. Abuse of alcohol and/or drugs.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-05-2013
Enrollment:	300
Type:	Actual

Ethics review

Positive opinion	
Date:	26-04-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 38981

Bron: ToetsingOnline

Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL3800
NTR-old	NTR3973
CCMO	NL43649.068.13
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON38981

Study results

Summary results

N/A