

Examining the effectiveness of a web-based intervention for symptoms of depression and/ or anxiety

No registrations found.

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

Summary

ID

NL-OMON25368

Source

Nationaal Trial Register

Brief title

Caring Universities

Health condition

Mild to moderate symptoms of depression and/ or anxiety

Sponsors and support

Primary sponsor: Vrije Universiteit Amsterdam

Source(s) of monetary or material Support: ZonMw;
Protestants Fonds voor de Geestelijke Volksgezondheid

Intervention

Outcome measures

Primary outcome

Primary outcomes are the Patient Health Questionnaire (PHQ-9) for depression, the Generalised Anxiety Disorder - 7 items scale (GAD-7) for anxiety and the Mini - International Neuropsychiatric Interview (MINI)

Secondary outcome

Secondary outcomes are the EuroQol - 5 Dimensions (EQ-5D) for the quality of life and the Client satisfaction with treatment - 8 items questionnaire (CSQ-8). In addition, university dropout and educational achievement will be assessed.

Study description

Background summary

The aim of the present study is to conduct a randomised controlled trial (RCT) to assess the effectiveness of a guided web-based transdiagnostic intervention in treating college student depression and anxiety. The intervention will be compared to care as usual. Approximately 100 participants from a Dutch university or college will be randomised into the two trial arms.

Study objective

The web-based transdiagnostic interventions will be more effective compared to usual care in reducing symptoms of depression and anxiety in college students.

Study design

T0 - screening

T1 - baseline

T2 - post-treatment

T3 - 6 months follow up

T4 - 12 months follow up

Intervention

The intervention will be a guided web-based transdiagnostic intervention targeted at symptoms of depression and/ or anxiety. The intervention consists of 7 online sessions with duration ranging from 4 to 7 weeks depending on individual progress. A booster session will be administered after the completion of the 7th online session.

Contacts

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Eligibility criteria

Inclusion criteria

In order to be eligible to participate in this RCT, a subject must meet all of the following criteria:

- (a) Participation who have given their consent to be contacted after completing an online survey assessing their mental health.
- (b) Being 18 years of age or older
- (c) Being enrolled as a student at a Dutch university or college
- (d) Speak Dutch or English fluently
- (e) Students who experience mild to moderate depression (as defining by scoring above the cut-off score of 4 on the Patient health questionnaire [PhQ-9]) and/ or anxiety symptoms (as defining by scoring above the cut-off score of 4 on the Generalised Anxiety Disorder scale - 7 items [GAD - 7])
- (f) Provide informed consent before participation

Exclusion criteria

A potential subject who meets any of the following criteria will be excluded from participation in this RCT:

- (a) Co-morbid bipolar disorder according to the MINI International Neuropsychiatric Interview (MINI).
- (b) Students with severe depression (as defined by scoring above the cut-off score of 14 on the PhQ-9) and/ or anxiety symptoms (as defined by scoring above the cut-off score of 14 on the GAD-7 scale).
- (c) Currently receiving/ have received psychological treatment for depression and/or anxiety in the past 12 months
- (d) Having slow or no Internet connection (e.g. no broadband Internet or something comparable)

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-12-2017
Enrollment:	100
Type:	Anticipated

Ethics review

Positive opinion

Date: 03-11-2017

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 47291

Bron: ToetsingOnline

Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL6613
NTR-old	NTR6797
CCMO	NL60156.029.16
OMON	NL-OMON47291

Study results