# No Fun No Glory

No registrations found.

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

## Summary

### ID

NL-OMON25879

**Source**
Nationaal Trial Register

**Brief title**
NFNG

**Health condition**

loss of pleasure; anhedonia; verlies van plezier; anhedonie

### Sponsors and support

**Primary sponsor:** University Medical Center Groningen
**Source(s) of monetary or material Support:** NWO Vici grant 016.130.002

### Intervention

### Outcome measures

#### Primary outcome

The main study endpoint of the intervention study is the level of pleasure, as measured in the daily questionnaires. Change in pleasure will be evaluated both intraindividually (time series approach) and interindividually (multilevel approach).

#### Secondary outcome

Secondary endpoints concern possible intervention effects in monthly-reported pleasure in

different dimensions (motivational, anticipatory, consummatory) and different domains (perceptual, physical, social). Other endpoints that will be explored are changes in potential biomarkers, perceived physical and mental health, and positive and negative affect. Furthermore, the extent to which the lifestyle advice will lead to actual lifestyle change will be investigated by comparing the level and slope of the lifestyle variables in the pre- and post-intervention period.

# Study description

### Study objective

1) Personalized lifestyle advices are an effective way to reduce loss of pleasure in young individuals
2) Exposure to a tandem skydive experience fosters the recommended lifestyle changes that can restore the ability to experience pleasure

### Study design

Diary questionnaires three times a day for three months; more extensive questionnaires and blood samples at the start of the study and after 1, 2, 3, 9, and 15 months.

### Intervention

The participants are randomly assigned to three groups. The first month is used for observation (diary data) in all three anhedonic groups. At the start of the second month (the first intervention month), one group receives personalized lifestyle advice based on patterns observed in the first month. The second group receives personalized lifestyle advice plus a tandem skydive. The third group receives neither lifestyle advice nor a tandem skydive. At the start of the third month, all participants are free to choose between no intervention, (continued) lifestyle advice, and/or (another) tandem skydive.

# Contacts

**Public**
University Medical Center Groningen

A.J. Oldehinkel
Groningen
The Netherlands
Tel. +31 50 3615551
**Scientific**

University Medical Center Groningen

A.J. Oldehinkel
Groningen
The Netherlands
Tel. +31 50 3615551

# Eligibility criteria

## Inclusion criteria

* Age 18-24 years

* Fluent in Dutch

* Low pleasure level (< 25th percentile), which is considered a loss compared to normally experienced pleasure, for at least 2 months

* Willingness to perform a tandem skydive

## Exclusion criteria

* Inability to keep an electronic diary three times a day

* Current professional treatment for psychiatric problems

* Current use of psychopharmaca

* Epilepsy

* Pregnancy

* Conditions that make it impossible to be attached to the tandemmaster (e.g., loose prostheses)

* Height of more than 2 meters

* Weight of more than 95 kg

* Inability to raise one’s legs 90 degrees

* Significant visual or hearing impairments

* Prior experience with skydiving, bungee jumping, base jumping, or skyjumping

* Cardiovascular complaints/problems

# Study design

## Design

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

## Recruitment

NL

| | |
|---|---|
| Recruitment status: | Recruitment stopped |
| Start date (anticipated): | 22-01-2015 |
| Enrollment: | 60 |
| Type: | Actual |

# Ethics review

Positive opinion

| | |
|---|---|
| Date: | 22-09-2015 |
| 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 | NL5241 |
| NTR-old | NTR5498 |
| Other | NWO : 016.130.002 |

# Study results