

# A Randomized Controlled Trial Testing the Effectiveness of an Indicated Depression Prevention Program ('Op Volle Kracht') Among Adolescent Girls with Elevated Depressive Symptoms.

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-OMON26120

### Source

NTR

### Health condition

Adolescent girls, Depression, Prevention, Implicit Self-Esteem

## Sponsors and support

**Primary sponsor:** GGZ Oost-Brabant

- > GGZ Oost Brabant
- > Burgemeester de Kuyperlaan 5
- > 5461 AA Veghel
- > The Netherlands
- > Telefoon: 0413 - 84 68 00

**Source(s) of monetary or material Support:** Stichting Olim

## Intervention

## Outcome measures

### Primary outcome

1. Implicit Self-esteem: Implicit Association Task (IAT);
2. Depressive symptoms: Child Depression Inventory (CDI).

### Secondary outcome

1. Implicit Self-esteem: Name Letter Task (NLT);
2. Depressive symptoms: Center for Epidemiologic Studies Depression Scale (CES-D scale);
3. Self-esteem: Rosenberg Self-Esteem Scale (RSES);
4. Self-esteem: State Self-Esteem Scale (SSES);
5. Anxiety: State Trait Anxiety Inventory (STAI);
6. Positive & Negative affect: Positive and Negative Affect Schedule (PANAS);
7. Relationship best friend;
8. Loneliness: UCLA loneliness scale (UCLA);
9. Emotional Eating Behaviour: Nederlandse Vragenlijst voor Eetgedrag (NVE);
10. Psychopathology Parents.

## Study description

### Background summary

In this randomized controlled trial (RCT with 2 conditions, intervention and control group) the effectiveness of an indicated depression prevention program for adolescent girls with elevated depressive symptoms (12-14 years of age) will be tested. Adolescents in the intervention condition receive the program consisting of the first 8 lessons of 50 minutes that will be implemented after schooltime. Measurements of primary and secondary outcomes will be conducted in the intervention and control group at baseline, immediately after each lesson and one month after the last lesson.

### Study objective

The effectiveness of a school-based indicated depression prevention program ('Op Volle Kracht') will be tested in a Dutch sample of adolescent girls with elevated depressive symptoms (aged 12-14 years). It is expected that the adolescent girls who receive the intervention will show lower levels of depressive symptoms during follow-up, compared to the control group. Moreover, we will examine whether implicit self-esteem predicts or mediates treatment outcome.

## **Study design**

1. 0 (start);
2. Immediately after each lesson;
3. One month after last lesson (follow-up);
4. Six months after last lesson.

## **Intervention**

The girls with elevated depressive symptoms of the participating schools are at random assigned to the intervention or control condition. The participating girls in the intervention condition receive the program, consisting of the first 8 lessons of 50 minutes that will be implemented after schooltime. They will also fill in questionnaires after each lesson. The participating girls in the control condition will only fill in the questionnaires at the same time points. After the study, they will also get the chance to follow the lessons.

## **Contacts**

### **Public**

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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 from children and parents;
4. CDI-score > 16.

### Exclusion criteria

1. Parents (on behalf of their child) do not allow their child to participate in the study;
2. Children with CDI-score > 19 and suicidal ideation (score 2 on item 9).

## 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:	Recruiting
Start date (anticipated):	01-09-2011
Enrollment:	100
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	NL2978
NTR-old	NTR3126
Other	Stichting Olim : 2011-01
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A