

Video gaming as an add-on intervention in emotion regulation therapy among adolescents with internalizing disorders: a preliminary study.

No registrations found.

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

Summary

ID

NL-OMON26125

Source

Nationaal Trial Register

Brief title

Serious gaming in emotion regulation therapy

Health condition

Depressive or anxiety disorder and emotion regulation difficulties

Sponsors and support

Primary sponsor: No sponsors

Source(s) of monetary or material Support: None

Intervention

Outcome measures

Primary outcome

Satisfaction (likert scale)

Duration/ frequency adolescents play the game (gamelogs)

Secondary outcome

Negative effects measured with the FEEL-KJ, CDI-2/YAM-5, DERS, Kidscreen-52, interview

Study description

Background summary

Earlier research on serious gaming for improvement of emotion regulation strategies (ERS) has focused mostly on youth with externalizing psychopathology and anxiety in a residential setting, but emotion regulation problems also occurs within youth with internalizing psychopathology. The appliance of ERS in internalizing psychopathology in adolescents seems more promising since this type of pathology is more differentiated and rumination plays a greater role in the development of anxiety or depression in this developmental phase. The present study aims to test the feasibility of a serious game for emotion regulation problems (Dojo), which has been previously studied within an residential adolescent population and will asses the initial effectiveness of the serious game as add on to treatment as usual (TAU) among youth with internalizing psychopathology in an ambulatory setting, more specific adolescents with anxiety or depression.

Study objective

We hypothesize that adolescents who play a serious game as add on to the regular CBT stay more interested to play the game, are satisfied with the game, do more homework and are able to apply the learned strategies in real-life. We expect little negative effects; no negative changes in their anxiety/depression symptoms or their emotion regulation strategies (neither an increase of maladaptive emotion regulation strategies or a decrease in adaptive emotion regulation strategies) and no problems with school/homework, social contacts and hobbies.

Study design

Pre- post-treatment and during follow up after 3 and 6 months.

Intervention

Dojo (developed by Gamedesk, Los Angeles, CA) is an 3D game for adolescents who have emotion regulation problems. In the game, emotions are being challenged and adolescents learn how to accurately cope with them. Dojo comprises two evidence based strategies in ameliorating ERS: (1) heart rate variability (HRV) biofeedback and (2) emotion regulation CBT-training.

Contacts

Public

Pro Persona

Laura Knoop-Munsterman

0630266065

Scientific

Pro Persona

Laura Knoop-Munsterman

0630266065

Eligibility criteria

Inclusion criteria

Adolescents are being included when there is internalizing psychopathology (a depressive or anxiety disorder is measured with the Dutch translation of the Mini International Neuropsychiatric Interview for children and adolescents (MINI-KID) and emotion regulation difficulties, which are measured with the FEEL-KJ (an instrument to measure emotion regulation strategies in children and adolescents).

- Cut off score FEEL- KJ:

Adaptive emotion regulation strategies < 40 (low use of adaptive emotion regulation strategies), and/or

Maladaptive emotion regulation strategies > 60 (high dysfunctional use of emotion regulation strategies).

Exclusion criteria

Adolescents are excluded from the study if there is an other mental disorder diagnosed, such as ADHD, autism or substance abuse.

Study design

Design

Study type:

Interventional

Intervention model:	Other
Allocation:	Non controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-12-2019
Enrollment:	12
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Plan description

N/A

Ethics review

Positive opinion	
Date:	03-12-2019
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	NL8212
Other	Commisiemensgebondenonderzoek Radboud UMC : 2019-5290

Study results

Summary results

N/A