

# Online prevention of anxiety and depression in adolescents.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON26130

### Source

NTR

### Health condition

anxiety, depression, attention bias, interpretation bias, working memory, cognitive control, cognitive bias modification

## Sponsors and support

**Primary sponsor:** University of Amsterdam, Department of Developmental Psychology

**Source(s) of monetary or material Support:** ZON-MW, The Netherlands Organization for Health Research and Development

## Intervention

## Outcome measures

### Primary outcome

1. Self-reported anxiety:  
Screen for Child Anxiety Related Emotional Disorders (SCARED, Birmaher et al., 1999);
2. Self-reported depression:  
Child Depression Inventory (CDI, Kovacs, 1992).

## **Secondary outcome**

1. Rosenberg self-esteem scale (RSES, Rosenberg, 1965);
2. Self-report and parent report on internalizing and externalizing problems: Strengths and Difficulties Questionnaire - child and parent version (SDQ, Goodman, 1997);
3. Perseverative Thinking Questionnaire (PTQ, Ehling et al., 2011);
4. Prestatie Motivatie Test voor Kinderen (PMT-K, Hermans, 1983) (test anxiety);
5. Alcohol Use Disorders Identification Test (AUDIT, Saunders et al., 1993);
6. Attentional Control Scale (ACS; Derryberry & Reed, 2002);
7. Stressful life events;
8. Emotional response to social stress-task;
9. Emotional response to exam week;
10. Attentional bias, interpretation bias and working memory capacity will be assessed to see whether the training was successful in changing these processes.

## **Study description**

### **Background summary**

In this study, we test an online prevention program designed to increase emotional resilience and reduce and prevent anxiety and depression symptoms in adolescents. Participants (600) are recruited on high schools and randomly assigned to one of 5 training conditions (4 active, 1 placebo-control). Training focuses on attention and interpretation biases and cognitive control. Anxiety and depression symptoms and secondary outcome measures are assessed at pre- and post-training and 3, 6 and 12 months follow-up.

### **Study objective**

Anxiety and depression are highly prevalent in adolescents. Therefore, early and low threshold prevention is of great importance.

The aim of the current study is to test whether online training of a positive information processing style and cognitive control is successful in increasing resilience, reducing internalizing symptoms and preventing clinical disorders (anxiety/depression).

## Study design

Assessments at pre-training, post-training and 3, 6 and 12 months follow-up.

## Intervention

All conditions consist of 8 15-minute sessions of online computer training (twice a week).

1. Attentional bias training: dot-probe task;
2. Attention bias training: visual search task;
3. Interpretation bias training: scenario task;
4. Working memory training: block-tapping task;
5. Placebo-control training: inactive variants of training paradigms.

## Contacts

### Public

University of Amsterdam<br>  
Developmental Psychology<br>  
Weesperplein 4  
E.L. Voogd, de  
Amsterdam 1018 XA  
The Netherlands  
+31 (0)20 5256909

### Scientific

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Developmental Psychology<br>  
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The Netherlands  
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## Eligibility criteria

## Inclusion criteria

1. Scholars in 1st to 6th grade of high school (12-18 years);
2. VMBO, HAVO or VWO;
3. Parental consent.

## Exclusion criteria

Education level below regular VMBO/special education.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Placebo

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	07-01-2012
Enrollment:	600
Type:	Actual

## Ethics review

Positive opinion	
Date:	11-04-2013
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	NL3784
NTR-old	NTR3950
Other	ZonMw : 200210010
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A