

# Effect evaluation of computer-tailored information combined with personal counseling on adolescents' behaviors and psychosocial problems: E-health4Uth, a randomized controlled trial.

No registrations found.

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

## Summary

### ID

NL-OMON26215

### Source

Nationaal Trial Register

### Brief title

E-health4Uth

### Health condition

Adolescents, psychosocial problems, risky behavior (alcohol, drug, smoking, sex)

## Sponsors and support

**Primary sponsor:** Erasmus Medical Center, Department of Public Health

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

## Intervention

## Outcome measures

### Primary outcome

1. Psychosocial problems, mental health;
2. Lifestyle / risky behavior (alcohol consumption, drug use, smoking, safe sex).

### Secondary outcome

1. Quality of life;
2. Intentions to change risky behavior.

## Study description

### Background summary

Adolescents are developing rapidly. Adolescents develop their own identity and their own role in society. This complex development goes well often, but sometimes there are problems, at home, school, or on a personal level. Estimates of the percentage of youth with psychosocial problems, which may be associated with suicidal ideation or suicide (attempts), range from 16 to 25%. There may be problems with drinking, especially outside the big cities, or problems with drug or other lifestyle behaviors. At school, high pressure is put on young people who want and should achieve their diploma or qualification. Some problems can directly lead to absence and school dropout, with vast personal and societal consequences. Other problems may have negative effects on later health.

In the Netherlands, adolescents have their last regular consult with the school nurse at 13 year or in second grade of secondary education. Given the above considerations, there is a big commitment at national en regional level, for an additional consult with the school nurse at 15/16 year.

The objective of this project is to evaluate the effect of two interventions at age 15/16 years (fourth grade) compared with the current situation (i.e. no point of contact 15 / 16 years).

Adolescents are randomized into one of three groups:

1. Adolescents will access the computer-tailored health education program through the internet. After completion of the assessment questions, the program compiles a tailored health advice to the adolescent;
2. Adolescents will access the computer-tailored health education program through the internet. After completion of the assessment questions, the program compiles a tailored health advice to the adolescent. On the basis of risk identification, a part of the adolescents will be invited for a consultation with the school nurse;
3. Usual care.

About 400 adolescents will be included in each group. Psychosocial problems and lifestyle behavior will be measured in all groups before and four months after the intervention. In both intervention groups also an evaluation questionnaire about the tailored health advice will be completed by the adolescents.

Data collection will be organized from September 2012 until June 2013.

### **Study objective**

Computer-tailored information (without personal counseling) and computer-tailored information combined with personal counseling results in:

1. Less psychosocial problems;
  2. Less risky behavior (alcohol and drug use, smoking, safe sex).
- Compared with usual care.

### **Study design**

Time points measurements:

1. Baseline questionnaire (at the start of the training);
2. Follow-up questionnaire (after 4 months).

### **Intervention**

Adolescents are randomized into one of three groups:

1. Adolescents will access the computer-tailored health education program through the internet. After completion of the assessment questions, the program compiles a tailored

health advice to the adolescent;

2. Adolescents will access the computer-tailored health education program through the internet. After completion of the assessment questions, the program compiles a tailored health advice to the adolescent. On the basis of risk identification, a part of the adolescents will be invited for a consultation with the school nurse;

3. Usual care.

## Contacts

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## Eligibility criteria

### Inclusion criteria

The study population consists of adolescents from the fourth grade of secondary education in the Netherlands.

### Exclusion criteria

N/A

## 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):	10-09-2012
Enrollment:	1200
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	31-08-2012
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	NL3445
NTR-old	NTR3596
Other	ZonMw : 70-72000-98-144
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A