

Happy to write: A first study about the influence of writing on your mood

No registrations found.

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

Summary

ID

NL-OMON26341

Source

NTR

Brief title

BLIJ DAT IK SCHRIJF

Health condition

Eating disorders, negative body image

Sponsors and support

Primary sponsor: Accare, Child and adolescent psychiatry, University of Groningen, Clinical Psychology

Source(s) of monetary or material Support: Accare, Child and adolescent psychiatry, University of Groningen, Clinical Psychology

Intervention

Outcome measures

Primary outcome

We would like to know if this manipulation has a positive influence on body image. Specifically we would like to investigate the influence of state measures of body satisfaction, body appreciation and overinvestment of

weight and shape.

Secondary outcome

In addition, we are interested in

- 1) the duration of a potentially positive effect in the experimental group. Therefore, this group is assessed again after 15 and 30 minutes.
- 2) investigate to what extent a potential positive effect can be replicated in the control group when this group receives the experimental writing task after the control task.
- 3) whether a more positive body image (as result of the intervention) leads to a decrease in intention for food restriction.
- 4) exploring to what extent body functionality in this groups correlates with other indices of body image and general well-being.
- 5) Finally, we are interested how many participants after the experiment are interested in conducting 3 additional writing assignments at home and what the effect is of these additional sessions.

Study description

Background summary

The aim of the study is to investigate the effectiveness of a brief manipulation aimed at improving the body image of adolescents with an eating disorder. The study investigates the short-term effects of writing assignments about body functionality in an experiment with a duration of approximately 75 minutes in total. Participants are randomly assigned to the experimental or control group.

Study objective

We expect that the participants from the experimental group are improved in terms of state measures of body image, compared to the control group.

Study design

There are four assessment points in the experimental group: before the intervention, after the intervention and after 15 and 30 minutes.

There are three assessment points in the control group: before the control task, after the control task and after the intervention.

Intervention

The experimental manipulation consists of short writing assignments in which adolescents learn to focus on what their body can do (body functionality), for example senses, exercise, health, creative activities, personal care and communication with others.

The control task consists of comparable writing assignments about observing details during daily routines.

Both groups receive both tasks. The experimental group first receives the intervention and then the control task. The control group first receives the control task and then the intervention.

Contacts

Public

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Eligibility criteria

Inclusion criteria

Girls between the age of 14-23 who are in treatment or who are referred to the Centre for Eating Disorders of Accare and meet the DSM-5 criteria of anorexia nervosa, bulimia nervosa or eating disorder not otherwise specified.

Exclusion criteria

-Patients who do not speak Dutch.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-11-2018
Enrollment:	96
Type:	Anticipated

Ethics review

Positive opinion	
Date:	04-01-2019
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	NL7462
NTR-old	NTR7704
Other	ABR: NL64270.042.18 : METc 2018/068 (METc UMCG)

Study results