A randomized controlled trial to test the effectiveness of an immersive 3D video game in preventing anxiety.

No registrations found.

Ethical review	Not applicable
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27625

Source
Nationaal Trial Register

Health condition

Anxiety, Prevention, Adolescents, Biofeedback

Sponsors and support

Primary sponsor: Radboud University Nijmegen, Behavioural Science Institute
Source(s) of monetary or material Support: Radboud University Nijmegen, Behavioural Science Institute

Intervention

Outcome measures

Primary outcome

Anxiety symptoms: Spence Children Anxiety Scale (SCAS).

Secondary outcome

1. Strengths and Difficulties Questionnaire (SDQ).

2. Coping Questionnaire Child (CQ-C).
3. Self Efficacy Questionnaire for Children (SEQ-C).

Study description

Background summary

In this randomized controlled trial (RCT with 2 conditions, intervention and control condition), the effectiveness of a school-based immersive video game Dojo will be tested in a Dutch sample of adolescents with elevated anxiety symptoms. Adolescents with elevated anxiety symptoms are randomly assigned to one of two conditions. The intervention condition (Dojo) will consist of 6 play sessions of 60 minutes spread over three weeks at school after school time. The control condition (Rayman 2: The Great Escape) will consist of 6 play sessions of 60 minutes spread over three weeks at school after school time. Measurements of primary and secondary outcomes will be conducted in both conditions at baseline, one week after the last session and three months after posttreatment.

Study objective

The effectiveness of a school-based immersive video game (Dojo) in preventing anxiety will be tested in a Dutch sample of adolescents with elevated anxiety symptoms. It is expected that the adolescents who receive the intervention video game will show lower levels of anxiety symptoms during post-test and follow-up, compared to the control group.

Study design

1. Screening: primary outcome;
2. Pretreatment: all primary and secondary outcomes (one week before first session);
4. Posttreatment: all primary and secondary outcomes (one week after last session);
5. Follow-up: all primary and secondary outcomes (three months after posttreatment).

Intervention

Adolescents with elevated anxiety symptoms are randomly assigned to the intervention or control condition.
1. Adolescents in the intervention condition will play the video game Dojo over 6 sessions of one hour spread over three weeks. They will receive Dojo at their school after school time. Adolescents will fill in questionnaires before the first play session, after the last play session and three months after the last play session.
2. Adolescents in the control conditon will play the video game Rayman 2: The Great Escape over 6 sessions of one hour spread over three weeks. They will receive Rayman at their school after school time. Adolescents will fill in questionnaires before the first play session, after the last play session and three months after the last play session.

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Eligibility criteria

Inclusion criteria

1. Adolescents in 7th, 8th and 9th grade, middle school (ages 12-15);
2. Screening participation: passive consent from adolescents and parents;
3. Elevated anxiety symptoms. Participants with a SCAS score above a 1 SD cut off score on at least two subscales or more on the screening will be included;
4. After screening: active consent from adolescents and parents.

Exclusion criteria

1. No passive or active consent from adolescents and parents;
2. Adolescents currently receiving mental health care.

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):	11-02-2014
Enrollment:	120
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	NL4234
NTR-old	NTR4379

Register	ID
Other	: ECSW2013-0410-140

Study results

Summary results
N/A