

# Depression and anxiety, Indicated Prevention in homes for the elderly.

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-OMON28374

### Source

NTR

### Brief title

DIP

### Health condition

Depressive and anxiety disorders

## Sponsors and support

**Primary sponsor:** EMGO/VUmc

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

## Intervention

## Outcome measures

### Primary outcome

Incidence of depressive and/or anxiety disorders in residents after one year as compared to usual care.

### Secondary outcome

Symptoms of depression and/or anxiety, psychological measures such as life satisfaction and wellbeing, satisfaction with care and treatment costs.

## Study description

### Background summary

Indicated prevention aims to counter the onset of a disorder in those who already have symptoms. In Dutch homes for the elderly depressive and anxiety disorders are very common and have enormous impact on well-being and daily functioning. Several evidence based interventions are available for different levels of symptoms, but are not widely practiced in usual care. This project aims to evaluate the effects and costs of a multicomponent, demand led stepped care programme for indicated prevention of depression and anxiety compared to usual care in homes for the elderly.

### Study objective

An indicated, stepped care prevention programme is feasible in homes for the elderly in Amsterdam and reduces the incidence of major disorders of depression and anxiety with 15% compared to care as usual. Total cost of health care use will be lower in the intervention group as compared to "care as usual".

### Intervention

A stepped care programme consisting watchful waiting, bibliotherapy, Life review/PST and consultation of a mental health specialist as compared to usual care.

## Contacts

### Public

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## Eligibility criteria

### Inclusion criteria

1. residents of homes for the elderly in Amsterdam;
2. aged 75 year and older;
3. scoring for symptoms of depression and anxiety on the screening measurement (CES-D);
4. capable of informed consent;
5. sufficient understanding of the Dutch language.

### Exclusion criteria

1. Residents meeting criteria for major depression and/or clinical anxiety according to the MINI;
2. suffer cognitive impairment according to the MMSE are excluded.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Masking:	Single blinded (masking used)
Control:	Active

## Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-11-2006
Enrollment:	180
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	18-07-2006
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	NL725
NTR-old	NTR735
Other	: N/A
ISRCTN	ISRCTN27540731

## Study results

### Summary results

N/A