

The effectiveness of Looking for meaning, a life-review course for elderly with depressive symptoms. A randomized controlled trial.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON28537

Source

Nationaal Trial Register

Brief title

N/A

Health condition

slight to moderate depressive symptoms

Sponsors and support

Primary sponsor: Trimbos-institute

Netherlands Institute of Mental Health and Addiction

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

Intervention

Outcome measures

Primary outcome

1. Depressive symptoms (Centre of Epidemiological Studies-Depression scale, CES-D, Bouma, Ranchor, Sanderman and van Sonderen 1995);
2. Well-being (Well-being Scale, Ryff and Keyes, 1995);
3. Perceived meaning (SELE Scale, Dittmann-Kohli and Westerhof 1997);
4. Quality of life (EuroQol Group 1990).

Secondary outcome

1. Mastery (Pearlin Mastery Scale, Pearlin and Schooler 1978);
2. Social support (van Sonderen et al. 1989);
3. Personality structure (NEO-FFI);
4. Demographic variables and important life events.

Study description

Background summary

Depression among the elderly is a major health problem. Prevention can make an important contribution towards reducing the number of new cases. The main risk factor for depression is the presence of slight and moderate depressive symptoms. Integrative reminiscence is a low threshold method specifically developed for the elderly that involves their telling about and evaluating their lives. A reminiscence course called Looking for Meaning has been developed by the Trimbos Institute for elderly people with depressive symptoms. This course is already being given at numerous Mental Health Care Institutes. The assessment of the course's effectiveness in general and its cost effectiveness in particular is a central part of the project.

Study objective

Looking for meaning lead to a significant reduction of depressive symptoms and a significant enhancement of wellbeing, meaning in life and quality of life with elderly with depressive symptoms in comparison to a no treatment control group.

Study design

N/A

Intervention

The course Looking for meaning is the intervention. It is a group-oriented intervention of twelve sessions of two hours, conducted in groups of about ten participants. Based on certain themes, in this intervention participants are invited to take memories from their own lives. The special thing about the course is that reminiscence is linked to creative assignments. Imagination and creativity are viewed as important keys to perceived meaning, competencies and well-being. Via targeted questions, participants evaluate and re-evaluate their own lives.

Contacts

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Eligibility criteria

Inclusion criteria

Elderly people above the age of 55 with slight to moderate depressive symptoms.

Exclusion criteria

1. People with severe depressive symptoms and a CES-D score higher than 24;
2. The absence of depressive symptoms, a score lower than 5 on the CES-D;
3. People being treated elsewhere (with medication) when they register;

4. People unable to function in a group.

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-11-2005
Enrollment:	360
Type:	Actual

Ethics review

Positive opinion	
Date:	28-11-2005
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	NL500
NTR-old	NTR541
Other	: N/A
ISRCTN	ISRCTN66645855

Study results

Summary results

N/A