

# Well-being therapy in outpatients with mild affective disorders

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-OMON28550

### Source

Nationaal Trial Register

### Health condition

Well-being therapy  
Anxiety disorders  
Depression  
Short-term treatment  
Positive psychology

Welbevinden therapie  
Angststoornis  
Depressie  
Kortdurende behandeling  
Positieve psychologie

### Sponsors and support

**Primary sponsor:** Dimence, a mental health care centre. The study is being performed in the course of the education of gz-psychologist to clinical psychologist.

**Source(s) of monetary or material Support:** Dimence, a mental health care centre. The study is being performed in the course of the education of gz-psychologist to clinical psychologist.

## Intervention

## Outcome measures

### Primary outcome

Well-being, as measured with the Mental Health Continuum-Short Form (MHC-SF).  
Psychological complaints as measured with the Hospital Anxiety and Depression Scale (HADS).

### Secondary outcome

The experience of patients and therapists with well-being therapy.

## Study description

### Study objective

Firstly this study tries to answer the question whether applying well-being therapy to outpatients with a mild affective disorder in Dutch mental health care, reveals a trend in which well-being is increased and psychiatric complaints are reduced.

Secondly the intention is to learn more about the experiences of the participants (patients as well as therapists) with this new form of therapy, to be able to carry out further development and adjustments if necessary.

The outcome of this study can be used to account for a randomized controlled trial.

### Study design

Participants will be treated with well-being therapy. They will be asked to answer two questionnaires at three specific moments (T0, T1, T2). In total participants will spend a maximum of 75 minutes on the questionnaires over a period of 6 months. Also, one in three participants will randomly be invited to participate in a semi-structured interview.

### Intervention

Participants will be treated with well-being therapy, a short-term protocol (6 sessions) in which they will actively focus on the enhancement of well-being.

## Contacts

### **Public**

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### **Scientific**

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## Eligibility criteria

### **Inclusion criteria**

-Classification according to DSM IV-TR of an anxiety or affective disorder as follows from an intake.

-Participants are indicated for the 'middle' category in mental health care.

-A below average score ( $<2.13$ ) on the Mental Health Continuüm-Short Form (MHC- SF) before treatment. (this cut off score was based on the mean minus one SD (Lamers et al., 2011) and the expectation that clients with a higher score will have less possibilities for measurable improvements.

-Age between 18 and 65 years.

### **Exclusion criteria**

- Poor Dutch language.

- Complex psychiatric problems which requires special mental health care.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
<b>Control:</b>	N/A , unknown

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-05-2015
Enrollment:	33
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	01-04-2015
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 42118  
Bron: ToetsingOnline  
Titel:

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL4983
NTR-old	NTR5128
CCMO	NL50778.044.15
OMON	NL-OMON42118

## Study results