Preventing childhood anxiety disorders: Is a video game as effective as a CBT-based program?

No registrations found.

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

Summary

ID

NL-OMON29118

Source
Nationaal Trial Register

Brief title
n.a.

Health condition

Anxiety, anxiety disorder, angst, angststoornis

Sponsors and support

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

Intervention

Outcome measures

Primary outcome

Child scores on the Spence Children’s Anxiety Scale (SCAS-C) and parent scores of the Spence Children’s Anxiety Scale (SCAS-P).

Secondary outcome

Coping questionnaire for the child (CQ-C); self-efficacy questionnaire for the child (SEQ-C); strengths and difficulties questionnaires for the parent (SDQ-P); anxiety, depression and stress scale for parents (DASS-21).

Study description

Background summary

In this randomized controlled trial (RCT with 2 conditions: MindLight and Coping Cat) the effectiveness of two interventions will be evaluated. Children (ages 8-12) with elevated levels of anxiety are randomly assigned to play MindLight 6 times for 50 minutes after school or to complete 8 sessions of the CBT-based prevention program Coping Cat (2 of 1,5 hours and 6 of 1 hour). Measurements of primary and secondary outcomes will be conducted in the study a week before, a week, 3 months and 6 months after the intervention.

Study objective

This study will use a randomized controlled trial (RCT) to evaluate the effectiveness of two interventions: MindLight and Coping Cat. The video game MindLight is a newly developed anxiety-reducing intervention for children. Children will play the video game for 6 sessions. Coping Cat is an evidence based anxiety prevention program based on cognitive behavioral therapy and children will complete 8 sessions. The sample consists of Dutch primary school children in the age range of 8 to 12 years old with elevated levels of anxiety. It is hypothesized that children in both conditions will show a decrease in anxiety levels. Children´s coping abilities, as well as parental anxiety and stress levels will be included as moderators.

Study design

Screening using SCAS-C; pretest assessing all primary & secondary outcomes (1 week before start intervention); post-test assessing all primary and secondary outcomes (1 week after intervention); follow-up assessing all primary and secondary outcomes (3 and 6 months after post-test).

Intervention

Children will be randomly assigned to either the MindLight or the Coping Cat condition. Both conditions start with a pre-test to assess anxiety symptoms through a questionnaire. At the same time parents will fill out a questionnaire. In the Mindlight condition children play 6 sessions of Mindlight for 50 minutes each. Children in the Coping Cat condition complete the program in 8 sessions (2 of 1,5 hours and 6 of 1 hour). Sessions in both conditions take place

once a week at school after class. One week after the intervention, the children will complete the same questionnaire as used in the pre-test. Also parents are asked to complete the same questionnaire. Three and six months later, a follow-up test will be conducted asking parents and children to fill out the same questionnaires again.

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Eligibility criteria

Inclusion criteria

Primary school children in grades 5 till 8 (8-12 years old) will be screened using het Spence Children's Anxiety Scale. Active consent from parents is required for participation in screening. All children scoring > 1 SD above the mean (Muris, 2000) on at least two subscales (except for the OCD subscale) or on the total score of the SCAS will be contacted to participate in the study. Active consent from parents is required to participate in the intervention.

Exclusion criteria

Parents declining participation of their child in either the first or second consent opportunity; children scoring < 1 SD above the mean on subscales (except for the OCD subscale) or on the total score of the SCAS; children currently in treatment for anxiety problems; children with a diagnosis of OCD and/or PTSS.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	09-02-2015
Enrollment:	135
Type:	Anticipated

Ethics review

Positive opinion

Date:	24-02-2015
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	NL4739
NTR-old	NTR4993
Other	METC : EC2013-0410-139a1

Study results

Summary results
n.a.