

Living to the full, a training in the art of living: a randomized controlled trial.

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The aim of this research is to study the effectiveness of a new preventive training (Living to the full) for adults with mild symptoms of depression, anxiety or fatigue.

Ethical review	Approved WMO
Status	Pending
Health condition type	Mood disorders and disturbances NEC
Study type	Interventional

Summary

ID

NL-OMON32004

Source

ToetsingOnline

Brief title

Living to the full

Condition

- Mood disorders and disturbances NEC

Synonym

dismay, loss of interest

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Twente

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: acceptance and commitment therapy, mental health, psychological flexibility,

training

Outcome measures

Primary outcome

Symptomatology of depression, anxiety and fatigue.

Secondary outcome

Quality of life, psychological flexibility, mastery, mental health, hope.

Study description

Background summary

Depression, anxiety and alcohol abuse are highly prevalent. Every year 25% of the Dutch population is confronted with one of these disorders. The most important risk-factor is the presence of mild psychological complaints. Preventive interventions aimed at people with mild psychological problems may reduce the risk of the development of psychiatric disorders. The University Twente developed a preventive training based on Acceptance and commitment therapy (ACT): Living to the full.

Study objective

The aim of this research is to study the effectiveness of a new preventive training (Living to the full) for adults with mild symptoms of depression, anxiety or fatigue.

Study design

A randomized, controlled, pragmatic trial with two parallel conditions, i.e. experimental condition (the training Living to the full) and the control condition a waiting list. Prospective measurement are conducted at base-line, directly after the training and at three months follow-up. The trial is non-blinded.

Intervention

The intervention is the training Living to the full. This training is a group based intervention of 8 sessions of 2 hours. It is based on the components of Acceptance and Commitment therapy (ACT). In the training the participants learn

to stop experiential avoidance, to enhance their psychological flexibility and to live according to their values. Components of the training are: Acceptance (session 1 -4), cognitive defusion (session 5), mindfulness and self as context (session 6) and values and commitment (session 7 and 8).

Study burden and risks

The training consists of 8 sessions of 2 hours. The participants may have to travel a short distance to participate.

Before the training the participants have an intake of 30 minutes. During the study they have to fill out a questionnaire three times (before, directly after the intervention and at 3 months follow-up). Filling out the questionnaires will take about 45 minutes for each questionnaire. We expect no risk for the participants. The participants are a relatively healthy population that participate out of free will. In the training they learn new skills to live a more fulfilling life.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

The presence of mild depressive or anxiety symptomatology or fatigue

Exclusion criteria

The presence of severe psychopathology

A recent start (in the past 3 months) with medication therapy

Study design

Design

Study phase:	2
Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Prevention

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-04-2008
Enrollment:	140
Type:	Anticipated

Ethics review

Approved WMO

Date: 11-04-2008
Application type: First submission
Review commission: METIGG: Medisch Ethische Toetsingscommissie Instellingen
Geestelijke Gezondheidszorg (Utrecht)

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
CCMO	NL21864.097.08