A pilotstudy of cognitive behavioral therapy combined with parental support for children and adolescents with emotional problems following loss

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The prime objective of this research project is to get an impression of a low-threshold, accessible preventive cognitive behavioural therapeutic intervention with parental support for grieving children and their parents.

Ethical review	Not approved
Status	Will not start
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON33009

Source
ToetsingOnline

Brief title
Cognitive behavioral therapy for grief in children and adolescents

Condition

- Other condition

Synonym
complicated grief, Problematic grief

Health condition

rouwgerelateerde klachten

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Utrecht
Source(s) of monetary or material Support: ZON-MW programma zorg voor Jeugd (1e ronde: vroegtijdige signalering en interventies)

Intervention

Keyword: Cognitive behavioural therapy, Grief, Prevention, Youth

Outcome measures

Primary outcome

The study will yield an impression of the efficacy of treatment by examining

the following outcome measures: lessening of grief related complaints,

behavioural problems, depressive symptoms and post traumatic stress reactions.

Secondary outcome

Positive parenting will be investigated before and after treatment.

Study description

Background summary

In the Netherlands, every year thousands of children lose a loved one. Research has shown that these children run a greater risk of subsequent psychological problems. Therefore, early identification and treatment of children that are likely to get stuck in processing their grief is desirable. Studies in children and adults show that problematic grief can be distinguished from depression and anxiety. Also, in adults it has been demonstrated that problematic grief calls for specific (grief-oriented) interventions. Similar research has not yet been performed in children. As a consequence it is likely that their problematic grief wil not be detected and treated timely and adequately. The present proposed research project is aimed at bridging the gap.

Study objective

The prime objective of this research project is to get an impression of a

low-threshold, accessible preventive cognitive behavioural therapeutic intervention with parental support for grieving children and their parents.

Study design

This project is a pilot-study. The study will start with a pre-measurement, followed by the intervention (Rouwhulp) and a post-measurement.

Study burden and risks

The used questionnaires only ask little time and effort from participants and do not pose any risk to them. The completion of questionnaires will be guided by specially trained research assistants and special attention will be given to specific needs of participants . The named burdens and risks do not outweigh the benefits of researching and developing an intervention aimed specifically at youths that run a heightened risk of developing severe psychopathologies.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adolescents (12-15 years)
Adolescents (16-17 years)
Adults (18-64 years)
Children (2-11 years)
Elderly (65 years and older)

Inclusion criteria

Children in the age of 8 to 18 years; suffered the loss of a loved one at least 6 months before entering the study; minimal score of 40 on the RVL-K or RVL-J questionnaire; presence of a speccific need related to the experience of grief.

Exclusion criteria

Severe suicidal ideation with child or parent(s); being the recipient of other coincidental psychosocial help; alcohol- or drug abuse by parent(s) of children; the child having mental retardation, autism, behavioural disorders (ODD, CD) or substantial ADHD.

Study design

Design

Study type: Observational non invasive

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Prevention

Recruitment

NL

Recruitment status:	Will not start
Enrollment:	20
Type:	Anticipated

Ethics review

Not approved

Date:	06-04-2009
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Utrecht (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	NL27375.041.09