

# Online support groups for the bereaved by suicide: a pretest posttest design

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This study aims to investigate whether Survivors of suicide (SoS) experience higher wellbeing as a consequence of taking part in an online support group for SoS.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruiting
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON33425

### Source

ToetsingOnline

### Brief title

Online support groups for SoS

### Condition

- Other condition
- Family issues

### Synonym

grief after bereavement by suicide

### Health condition

rouw na suicide

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Trimbos-instituut

**Source(s) of monetary or material Support:** ZonNW

## Intervention

**Keyword:** internet, suicide, support groups, survivors

## Outcome measures

### Primary outcome

Mental well-being

### Secondary outcome

social support, mastery, self esteem, complicated grief, depression, anxiety, somatisation, suicidality, quality of life and costs (use of care and loss of production).

## Study description

### Background summary

Every suicide affects the relatives and friends of the deceased. Evidence suggests that these survivors of suicide (SoS) are a group at risk and are in need of support aimed at specific questions and problems. Peer support groups can be beneficial for those SoS, particularly when they manifest with less severe grief reactions. This study aims to investigate whether SoS experience higher wellbeing as a consequence of taking part in an online support group, as offered on the website "113online.nl", by conducting a pre-test-post-test study.

### Study objective

This study aims to investigate whether Survivors of suicide (SoS) experience higher wellbeing as a consequence of taking part in an online support group for SoS.

### Study design

This research is a naturalistic study. A number of variables will be measured before and after the intervention. A group of 20 participants will also be invited for an interview by telephone.

## **Intervention**

The intervention consists of access to a message board for peer support for SoS. This message board is located at [www.113online.nl](http://www.113online.nl). Participants can log in with a username and password, linked to an e-mail address. Users can use an alias. Participants can freely choose the level of participation on the message board, whether it is active use (posting) or passive use (reading).

The message board will be maintained by a moderator. The moderator will check whether participants keep to the rules and do the necessary maintenance to keep the boards clean.

## **Study burden and risks**

Participants will be asked to complete three online questionnaires. The first will take about 30 minutes, the second and third about 20 minutes. There are no requirements to the extent of message board participation.

Furthermore, 20 of the 235 participants will be asked to be interviewed by telephone. This interview will take about 45 minutes.

## **Contacts**

### **Public**

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NL

### **Scientific**

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## **Trial sites**

## Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

## Inclusion criteria

Participants of this study are survivors of suicide, aged 18 or older, who have lost a child, parent, partner or significant other to suicide.

## Exclusion criteria

There are no exclusion criteria defined for participation in this study.

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

### Recruitment

NL

Recruitment status: Recruiting

Start date (anticipated): 01-03-2010

Enrollment: 235

Type: Actual

## Ethics review

Approved WMO

Date: 14-12-2009

Application type: First submission

Review commission: METIGG: Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg (Utrecht)

Approved WMO

Date: 20-01-2010

Application type: Amendment

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**

CCMO

**ID**

NL28240.097.09