

# Guided self-help course on the Internet for Turkish migrants with depression: a randomised controlled trial

Published: 10-06-2010

Last updated: 03-05-2024

This study will investigate the effectiveness of a culturally adapted and internet-based guided self-help intervention among Turkish migrants, in terms of reduction of depressive symptoms (CES-D). As a secondary objective, the underlying mechanisms...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Mood disorders and disturbances NEC
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON34779

### Source

ToetsingOnline

### Brief title

AOC-TR for Turkish migrants with depression

### Condition

- Mood disorders and disturbances NEC

### Synonym

down, well-being

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Vrije Universiteit

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

## Intervention

**Keyword:** depression, e-health, ethnic groups, mental health

## Outcome measures

### Primary outcome

Depressive symptoms

### Secondary outcome

Somatic symptoms, symptoms of anxiety, acculturation, satisfaction and the quality of life.

## Study description

### Background summary

The Turkish population living in the Netherlands has a high prevalence of psychological complaints and experiences a high threshold for seeking professional help for these problems. Seeking help through the Internet can bridge these barriers. This project aims to evaluate the effectiveness of "Alles Onder Controle TR" (in Dutch and Turkish), a web-based guided self-help intervention for depressed Turkish migrants.

### Study objective

This study will investigate the effectiveness of a culturally adapted and internet-based guided self-help intervention among Turkish migrants, in terms of reduction of depressive symptoms (CES-D). As a secondary objective, the underlying mechanisms of change will be measured in terms of somatic symptoms, anxiety, acculturation, satisfaction and the quality of life.

### Study design

This study is a randomized controlled trial with two conditions 1) web-based guided self-help intervention (experimental group) and 2) the wait-list control group (access to the intervention after 4 months).

### Intervention

The intervention we will evaluate is the adapted version of the original website Alles Onder Controle (AOC; Allesondercontrole.nu), a brief problem solving intervention based on \*self-examination\* therapy (Bowman et al, 1995): Alles Onder Controle TR (in Dutch) and Her \*ey Kontrol Alt\*nda (in Turkish).

The course is available in two languages and both are adapted by a Turkish psychologist in collaboration with the VU University, by:

- cultural sensitivity in the languages and presentation concerning psychological problems
- use of cultural specific cases and problems that are recognizable for the target group concerned
- cultural specific examples of persons with similar problems

The intervention consists of 5 sessions and takes 5 weeks in total. During that period the respondents indicate what they think is important in their lives, they make a list of their \*problems and worries\* and they categorize their problems into three groups: unimportant (not related to what they think is important in their lives), important and solvable (these problems are solved by a systematic problem-solving approach consisting of 6 steps), or important but unsolvable (for example having lost someone by death, having a chronic general medical disease; for these problems they make a plan how to live with it). At the end of the course, the participant will receive a certificate for successfully completing the course.

### **Study burden and risks**

For the study, participants will be asked to complete 3 questionnaires during 4 months. One questionnaire takes 30 minutes. The total amount for following the intervention varies per participant. Ideally, it will take on average 20 minutes each day. By participating to the study, participants don't run any known or notable risks. Participants have always the opportunity to withdraw from this study without obligation to state their reasons and can decide by their own the amount of spent time during the study. We expect that participants with depressive complaints will benefit from the intervention if it works as expected. Overall, all participants are free to take medicine, therapy by a professional or seek for help for their complaints.

## **Contacts**

### **Public**

Vrije Universiteit

Van der Boechorststraat 1  
1081 BT Amsterdam

NL  
**Scientific**  
Vrije Universiteit

Van der Boechorststraat 1  
1081 BT Amsterdam  
NL

## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

- 1) aged 18 years or older
- 2) depressive symptoms (CES-D score  $\geq 16$ )
- 3) Turkish ethnicity (which will be based if the participant or at least one of his/her parents is born in Turkey)
- 4) having access to a PC and the Internet and an e-mail address
- 5) provide informed consent

### **Exclusion criteria**

Suicidal ideations or plans (M.I.N.I. score  $>$  low risk)

## **Study design**

## Design

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

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	16-06-2010
Enrollment:	200
Type:	Actual

## Ethics review

Approved WMO	
Date:	10-06-2010
Application type:	First submission
Review commission:	METC Amsterdam UMC

## 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

NL31548.029.10