

Online help for adolescents with mental health problems: experiment of the implementation and effect evaluation at the preventive Youth Health Care

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON38324

Source

ToetsingOnline

Brief title

Help for adolescents with questions or problems through the Internet

Condition

- Other condition

Synonym

mental health problems, psychosocial problems

Health condition

management van (beginnende) symptomen van psychosociale problemen

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Maastricht

Source(s) of monetary or material Support: ZonMw 2e Call "Vernieuwing Uitvoeringspraktijk JGZ"

Intervention

Keyword: adolescents, mental health problems, online help, preventive Youth Health Care

Outcome measures

Primary outcome

The primary outcome which is used is the SDQ (Strengths and Difficulties

Questionnaire) Self completion version, which measures the symptoms of mental health

Secondary outcome

Niet van toepassing

Study description

Background summary

Relatively many (19-28%) of adolescents suffer from a variety of mental health problems. These problems can cause suffering and an impairment of functioning. Further it is known that mental health problems of adolescents can continue into adulthood and hamper functioning in daily life. These problems can lead to an increased use of healthcare services, resulting in higher associated costs. It is therefore important to prevent, or treat on time, mental health problems of adolescents. It is also known that a majority of adolescents with mental health problems do not receive professional help, because for many of them it is difficult (high threshold) to seek and find professional help. Obviously the current healthcare organisations (in preventive and primary care, like the preventive Youth Health Care and general practitioner) are insufficiently able to reach adolescents with mental health problems. Therefore we look at the preventive Youth Health Care (YHC) for better possibilities to reach this target group. To offer (anonymous) help or support through the Internet (by e-mail or

chat sessions, what we call online help) is a favourable option. Our recently performed research confirms that adolescents show a strong need for help through the Internet.

Study objective

The primary objective of this study is to modernize the practice of the preventive YHC by adding online help for adolescents with mental health problems as an innovative method of working, additional to the *care as usual*. The test implementation and effects of this online help, in comparison with the *care as usual* by the YHC, will be studied. With the results of the study it can be assessed if online help could get an additional place in offering help by the YHC for adolescents with mental health problems. The ultimate goal is to reach more adolescents with mental health problems and to offer them help.

The secondary goal of this study is to gain insight into the facilitating and obstructing factors of the experiment of implementing online help (process evaluation), with the different concerned people (adolescents and YHC workers).

Study design

There will be a selection of enough (300) adolescents *at risk*, attending the secondary year of some secondary schools in the Southeastern part of the Netherlands, through the *Triage* of the preventive health assessments of the *care as usual* performed by the YHC-team. The condition for inclusion of this study is that adolescents have a high total summed score (12 or higher) of the SDQ questionnaire. Through stratification of the randomisation there will be an equal distribution of the adolescents over the different levels of education (lower vocational education to higher general secondary education) in both the intervention as the control group. These adolescents will be at random classified in an intervention (online offer)- and a controlgroup (care as usual). These numbers make it also possible to look specific at the level of education if the intervention effect is equal for all the different levels of education (diversity).

The process evaluation will be a qualitative study, where:

1. The participating adolescents of the online study will receive a prestructured digital questionnaire.
2. The YHC workers will be interviewed in a focusgroup after they performed the online intervention.

Intervention

The selected adolescents from the *Triage* receive at random intervention 1 (online intervention) or 2 (care as usual intervention):

1. Online (information, e-mail and chat) help from the preventive Youth Health

Care physician or nurse, with a total of maximum 3 (follow-up) contacts, over a period of maximal 3 months, or:

2. Care as usual face-to-face contact help from the preventive Youth Health Care physician or nurse, also with a total of maximum 3 (follow-up) contacts, over a period of maximal 3 months

Study burden and risks

The burden and risks for the participants of this study are minimal. All participants (as well as in the study-, as in the control group) receive the same intervention, and this intervention is also the same as the "care as usual" of the preventive Youth Health Care. The difference between the 2 interventions is the way how the intervention is offered to both groups: the control group through a face-to-face-contact and the study group through an online (Internet) contact.

The burden and risks for the participating adolescents who are asked to fill in a digital questionnaire, and for the YHC workers who are interviewed will be minimal.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Inclusion criteria

Total sum score SDQ is too high (score equal or higher than 12).; Assumption of mental health problem through triage of standard preventive health examination, questionnaire for screening of mental health problem (SDQ) and information of parents and/or school.

Exclusion criteria

Total sum score SDQ normal (not high): score under 12.

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):	02-05-2012
Enrollment:	360
Type:	Actual

Ethics review

Approved WMO

Date: 07-03-2012

Application type: First submission

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

Approved WMO

Date: 13-04-2012

Application type: Amendment

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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	NL37668.068.12

Study results

Date completed: 08-01-2013

Actual enrolment: 12