The effectiveness of an online cognitive intervention program ('Houd uw brein vitaal') in healthy adults, a randomized controlled trial

Published: 21-05-2013
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The primary objective of this study is to investigate the effectiveness of an online cognitive intervention program. It is investigated whether participants subjective cognitive functioning, objective cognitive functioning and psychological…

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

Summary

ID

NL-OMON38981

Source
ToetsingOnline

Brief title
Online intervention program 'Houd uw brein vitaal'

Condition

- Other condition

Synonym
healthy cognitive aging

Health condition

geen aandoeningen; gezonde cognitieve veroudering

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Maastricht
Source(s) of monetary or material Support: NWO

Intervention

Keyword: Cognitive intervention, healthy adults, memory training, psycho-education

Outcome measures

Primary outcome

The primary study parameters are subjective cognitive functioning (memory self-efficacy, self evaluation, and everyday mistakes).

Secondary outcome

The secondary study objectives are objective cognitive functioning (measured with 3 different cognitive tasks) and psychological wellbeing (measured with questionnaires).

Study description

Background summary

As people age, they increasingly encounter difficulties regarding changes in cognitive abilities. This is reinforced by the increase in productivity and the great appeal on intellectual abilities in many work tasks. As a consequence, people may experience an increased workload, decreased job satisfaction and mental exhaustion. Intervention programs focusing on coping with age-related cognitive changes and increasing memory self-efficacy could be an important and effective tool to counteract age-related psychological distress.

Study objective

The primary objective of this study is to investigate the effectiveness of an online cognitive intervention program. It is investigated whether participants subjective cognitive functioning, objective cognitive functioning and

psychological wellbeing is influenced by participating in an online intervention program.

Study design

This study is a randomized controlled trial, with a waiting list control group.

Intervention

The intervention consist of an online multidimensional training program focusing on increasing awareness of the age-related changing brain, giving insight into personal improvements and providing tips and strategies regarding memory, attention and planning. The duration of the online intervention will be between two and four weeks.

Study burden and risks

Participating in the study is without any risk. People can participate in the intervention program from their own home or workplace. All baseline and post-test measurements are also done online. The baseline and post-test measures are composed of questionnaires which are generally not considered to be burdensome or stressful. Participating in the study has an additional advantage to participants. Participation could lead to positive changes regarding healthy cognitive aging and better coping with cognitive changes related to aging.

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

* signed informed consent
* age between 40 and 65 years old
* adequate comprehension of the Dutch language
* availability of desktop or laptop computer

Exclusion criteria

* history of chronic neurological or neurodegenerative disorders (e.g. stroke or dementia)
* abuse of alcohol and/or drugs

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	25-07-2013
Enrollment:	375
Type:	Actual

Ethics review

Approved WMO Date:	21-05-2013
Application type:	First submission
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

ID: 25349
Source: NTR
Title:

In other registers

Register	ID
CCMO	NL43649.068.13
Other	nog niet bekend
OMON	NL-OMON25349

Study results

Date completed: 15-03-2014