

Prevention of depression and anxiety in adolescents with a high familial risk

Published: 26-06-2013

Last updated: 26-04-2024

Primary Objective: The primary goal is to evaluate the effectiveness of a prevention program for adolescents. These adolescents are children of parents who receive treatment at a mental health care institution for their internalizing problems (...)

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

Summary

ID

NL-OMON39227

Source

ToetsingOnline

Brief title

Prevention of depression and anxiety in adolescents

Condition

- Mood disorders and disturbances NEC

Synonym

anxiety, depression

Research involving

Human

Sponsors and support

Primary sponsor: GGZ Oost Brabant (Rosmalen)

Source(s) of monetary or material Support: ZonMw

Intervention

Keyword: adolescents, anxiety, depression, prevention

Outcome measures

Primary outcome

Depression

Secondary outcome

Anxiety

General psychopathology

Coping

Response style

Cognitive errors

Parental psychopathology

Parenting stress

General psychopathology according to parents

Study description

Background summary

Depression and anxiety disorders are a major concern of public health. In the Netherlands, approximately 37.000 adolescents suffer from depression yearly. The prevalence of depression in Dutch adolescents is approximately 3.8% (Verhulst, 1997), and one third of all adolescents show significant depressed moods. In addition, anxiety disorders are the most common psychological disorders and often already occur during childhood. The lifetime prevalence of anxiety disorders is 28.8%, and childhood and adolescence is the core risk phase for the development of anxiety symptoms. Previous research has shown that anxiety and depression are highly co-morbid disorders and seem to reflect maladaptive forms of emotion regulation. Prevention and care on depression and anxiety in adolescence is undervalued. Often depression and anxiety are not identified and therefore not treated. This

lack in identification and indicated prevention of adolescent depression and anxiety is particularly concerning because of the possible consequences of both pathologies during adolescence. Firstly, adolescent depression is associated with depression and anxiety disorders later in life, poor psychosocial and academic outcome, an increased risk for substance abuse and it is the most frequently reported risk factor associated with adolescent suicide. Secondly, anxiety disorders are associated with additional psychological problems, poor academic performance, impairment in peer relations and low self esteem. Given the prevalence, the recurrence and the negative outcomes of adolescent depression and anxiety, it is crucial to implement prevention programs for high-risk adolescents.

This study proposes to bridge the gap between prevention and treatment, and between adult and youth mental health care by screening the children of depressed and anxious parent(s) for depressive and anxiety symptoms and offering them a prevention program to prevent the onset or maintenance of depression and anxiety.

Study objective

Primary Objective: The primary goal is to evaluate the effectiveness of a prevention program for adolescents. These adolescents are children of parents who receive treatment at a mental health care institution for their internalizing problems (anxiety and/or depression), and therefore these adolescent are at risk to develop anxiety or depression themselves.

Secondary Objective(s): The secondary goal is to define parent and child factors which possibly relate to the effectiveness of the prevention program.

Study design

The present study involves a randomized controlled trial (RCT) with two conditions (intervention versus control) in which the effectiveness of the prevention program will be examined.

Intervention

The intervention that is evaluated is called 'Een Sprong Vooruit'. It consists of 6 lessons of each 90 minutes. In the first lesson, the participants learn about emotions, about anxiety and depression and how they experience their parent's mental health problem. The adolescents learn which emotions they experience and how they can recognize them. During this program, they will use a schedule to find out that activating events (gebeurtenis), beliefs (gedachte), emotional consequences (gevoel) and behavioral consequences (gedrag) are related. In the second lesson, the adolescent learn about the relationship between activating events, beliefs and emotional consequences. Beliefs can be optimistic or pessimistic and play a major role in the emotional

consequences. The adolescents learn how they can recognize pessimistic beliefs. In the third lesson, several strategies are taught to replace the pessimistic beliefs by optimistic beliefs. Adolescents learn how they can recognize the pattern of their beliefs, how they can replace them and how they can prove the alternative belief is true. In the fourth lesson, adolescents learn that behavior is not always a consequence. In some situations the beliefs cannot be replaced or changed, but they have to change their behavior to influence the emotional consequences. Therefore assignments are aimed at pleasant and less pleasant activities. Furthermore, they learn to organize large tasks. In the fifth lesson, the adolescents learn what anxiety is and how fear develops over time. They learn how to divide a fearful task in small steps, to practice those steps and experience the decrease in anxiety. In the sixth and last lesson, the fearful tasks are evaluated and practiced again. Furthermore, the adolescents learn that social support sometimes makes things easier. They practice on how they can ask people in their social environment for help. Finally, they look how the future will be for them.

Study burden and risks

The potential value of the study is that we can offer children of parents with a depression or anxiety disorder a prevention program that is proven to be effective. In order to achieve this goal we need to evaluate the effectiveness of this prevention program in the right population, and that is the population of adolescents between 12 and 16 years old, with one of their parents receiving mental health care for anxiety or depression, are screened on their depressive and anxiety symptoms. We cannot evaluate the effect in a population that is not related to the adolescents the prevention program is aimed at.

We are of opinion, however, that the risks associated with participation can be considered negligible. This form of prevention is often used in children of parents with a mental illness. The new aspect of this prevention program is that it is specifically aimed at internalizing problems, such as depression and anxiety disorder.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Inclusion criteria

- adolescents are aged between 12-16 years old
- at least one of the parents has a DSM-IV diagnosis of a depression or anxiety disorder
- at least one of the parents receives treatment for depression or anxiety disorder
- sufficient knowledge of the Dutch language

Exclusion criteria

- absence of parental permission
- already receives treatment for mental health problems
- presence of prominent suicide ideation (score above 1 on CDI item)
- presence of already known intellectual disabilities

Study design

Design

Study type: Interventional

Intervention model: Parallel

Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Prevention

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-10-2013
Enrollment:	166
Type:	Actual

Ethics review

Approved WMO	
Date:	26-06-2013
Application type:	First submission
Review commission:	CMO regio Arnhem-Nijmegen (Nijmegen)

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	NL41344.091.12
Other	Wordt aangemeld bij NTR

Study results

Date completed: 09-05-2015

Actual enrolment: 142