

The effects of attachment and emotion regulation on depression and anxiety

Published: 15-03-2011

Last updated: 27-04-2024

Aim of this study is to examine the mechanisms by which attachment style and emotion regulation relate to depressive symptoms and anxiety symptoms in a clinical and non-clinical Dutch population.

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

Summary

ID

NL-OMON39834

Source

ToetsingOnline

Brief title

Attachment, emotion regulation, depression and anxiety

Condition

- Mood disorders and disturbances NEC

Synonym

anxiety, depression

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit van Tilburg

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

Intervention

Keyword: Anxiety, Attachment, Depression, Emotion regulation

Outcome measures

Primary outcome

Primary study parameters are:

- Attachment: safe, anxious, and avoidant attachment
- Emotion regulation: lack of emotional clarity, lack of emotional awareness, impulsivity, non-acceptance of emotional responses, limited access to emotion regulation strategies, difficulties in goal-directed behavior.
- Depression: depressive symptoms
- Anxiety: anxiety symptoms
- Emotions: reaction time computerized task and self-report (4 measurement moments) of depression, anger, fatigue, strength, and tension

Secondary outcome

not applicable

Study description

Background summary

Depression and anxiety disorders are common psychological disorders. Depression is worldwide one of the most important causes of the disease burden (World Health Organisation, 2010). The percentage of the Dutch adult population to 65 years who suffered from an anxiety disorder is 10.1% (Trimbos Instituut, 2010). All kinds of different factors may influence the development and/or maintenance of depression and anxiety disorders. An important factor that is likely to affect the development of psychopathology is attachment (Muris, Meesters, Melick, van & Zwambag, 2001). An attachment style is developed during childhood and is the basis of how people respond to stress or how to deal with abandonment in adult life (Ainsworth, 1973). Emotion regulation, the extrinsic

and intrinsic processes responsible for monitoring, evaluating, and adapting emotional responses (Thompson, 1991), is a second important factor. Prior research showed that the use of maladaptive emotion regulation strategies predicts an increase in depressive symptoms (Nolen-Hoeksema, 2000; Blalock & Joiner, 2000) and the use of adaptive emotion regulation strategies, such as positive thinking, buffer against depressive symptoms (Gross, 1998). Because of the high prevalence of depression and anxiety disorders it is important to gain knowledge of the determinants of these psychological disorders, in order to improve prevention and intervention programs. This experimental study aims to examine how attachment and emotion regulation together predict depressive symptoms and anxiety symptoms in clinical and non-clinical groups. As far as we know, this is the first experimental study in which attachment style is activated in people with a psychological disorder and in which the association between attachment and emotion regulation is examined. Because self-reports of both attachment and emotion regulation can cause inflated effect sizes because of the use of the same assessment method and the same informant (Bank, Dishion, Skinner, & Patterson, 1990), it is important to experimentally activate attachment style to investigate attachment and emotion regulation as determinants of depressive symptoms and anxiety symptoms.

Study objective

Aim of this study is to examine the mechanisms by which attachment style and emotion regulation relate to depressive symptoms and anxiety symptoms in a clinical and non-clinical Dutch population.

Study design

The study design is a randomized controlled trial (RCT). Subjects perform a computerized Stroop task. They are randomly assigned to either an attachment-related condition (attachment style is activated) or a neutral condition. Emotion regulation is measured by means of reaction times for indicating wordcolours. Furthermore, before and after the computerized task, emotions, depressive symptoms and anxiety symptoms are measured by administering questionnaires. Results of a clinical group of patients with a depressive disorder and an anxiety disorder are compared with a non-clinical control group, consisting of undergraduate psychology students.

Intervention

not applicable

Study burden and risks

We do not expect that this study will be harmful for participants. To check, all participants will be asked afterwards if the study caused unpleasant

feelings and all patients will be phoned to ask how they are doing. The disadvantage for the participants is the time they should invest in the study. After finishing the study, participants will receive a summary of the results. They may gain more insight into the factors that are of importance for depressive symptoms of anxiety symptoms.

Contacts

Public

Universiteit van Tilburg

Warandelaan 2
Tilburg 5037 AB
NL

Scientific

Universiteit van Tilburg

Warandelaan 2
Tilburg 5037 AB
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)
Adolescents (16-17 years)
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

De inclusie criteria zijn: (a) het voldoen aan een depressieve stoornis of angststoornis volgens de criteria van de DSM-IV; (b) een leeftijd tussen 16-65 jaar.

Exclusion criteria

De exclusie criteria zijn: (a) lage intelligentie (intelligentiequotiënt < 80); (b) de aanwezigheid van huidige psychotische symptomen of schizofrenie; (c) verslavingsproblematiek; (d) een bipolaire stoornis; (e) ernstige neurologische beperking (e.g. dementie, doofheid, blindheid); (f) een autisme spectrum stoornis; (g) risico op suïcide.

Study design

Design

Study type:	Observational non invasive
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Basic science

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	03-06-2011
Enrollment:	180
Type:	Actual

Ethics review

Approved WMO	
Date:	15-03-2011
Application type:	First submission
Review commission:	METC Brabant (Tilburg)
Approved WMO	
Date:	04-09-2014
Application type:	Amendment
Review commission:	METC St Elisabeth Ziekenhuis (Tilburg)

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	NL35374.008.11

Study results

Date completed:	21-07-2015
Actual enrolment:	60