The role of online self-motivation to promote adherence to online interventions for depression and anxiety: a pilot study

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Ethical review	Approved WMO
Status	Pending
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON41955

Source
ToetsingOnline

Brief title
Online self-motivation

Condition

- Other condition
- Mood disorders and disturbances NEC

Synonym
Depression and anxiety, low mood and worry

Health condition

angststoornissen en symptomen

Research involving
Human

Sponsors and support

Primary sponsor: Vrije Universiteit
Source(s) of monetary or material Support: Ministerie van OC&W,Vrij Universiteit Amsterdam;Fonds Psychische Gezondheid

Intervention

Keyword: Anxiety, Depression, eHealth, Motivational Interviewing

Outcome measures

Primary outcome

For aim 1, feasibility (satisfaction with the treatment, user-friendliness,

acceptability of the self-motivation module, reasons for intervention

drop-out); for aim 2 intervention adherence, symptom reduction, and motivation

for treatment.

Secondary outcome

n/a

Study description

Background summary

There is no doubt that Internet-based self-help interventions can be effective in reducing symptoms of anxiety and depression. However, adherence rates to these interventions are often low which may hinder optimal patient benefit. Motivational Interviewing (MI) is a promising approach to increase treatment adherence but has not often been applied to online interventions for anxiety and depression yet. An online module on self-motivation, based on principles of MI, was recently developed at the department of Clinical Psychology of the VU University in Amsterdam and can be added to existing online interventions such as those for anxiety and depression.

Study objective

The current pilot study aims to examine the feasibility of the module when added to an existing problem-solving intervention, *Alles onder Controle*, for reducing symptoms of anxiety and depression. Additionally, we aim to get first insight in potential differences between participants that receive the problem-solving intervention with or without self-motivation in terms of treatment adherence, motivation for treatment, and symptom reduction, to inform a future larger randomized controlled trial.

Study design

A pilot randomized controlled trial

Intervention

Alles onder Controle is a brief online guided self-help intervention based on problem solving therapy (PST) and consists of five modules. In the current study, in addition to PST, the intervention condition will receive a module on self-motivation, whereas the control condition will receive one module with informaion on anxiety and depression. Each module consists of information, example participants, and assignments. A psychologist will provide feedback via the website after each lesson.

Study burden and risks

Participant burden involves completing online questionnaires at baseline (duration: 10-15 minutes) and 8 weeks later (duration: 15-20 minutes). Further, 10 participants will be invited to take part in a telephone interview (duration: 15 minutes). The risks involved in taking part in the study are considered minimal. Participants in both conditions may benefit from taking part in the intervention. Completion of the questionnaires may be distressing for some participants.

Contacts

Public
Vrije Universiteit

Van der Boechorststraat 1
Amsterdam 1081 BT
NL
Scientific
Vrije Universiteit

Van der Boechorststraat 1

Amsterdam 1081 BT
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Symptoms of depression and/or anxiety (defined by a score of 8 or higher on the depression or anxiety subscale of the Hospital Anxiety and Depression Scale (HADS))
Being 18 years of age or older

Exclusion criteria

Active suicidal plans (>=3 SQ suicide)
Inability to read and write Dutch
Receiving psychological therapy from a mental health specialist at the time of recruitment;NB people who are taking prescribed medication for depressive or anxiety disorders for more than one month with a stable dosage will not be excluded.

Study design

Design

Study phase:	2
Study type:	Interventional
Intervention model:	Parallel

Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-04-2015
Enrollment:	50
Type:	Anticipated

Ethics review

Approved WMO

Date:	05-06-2015
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	ID
CCMO	NL50144.029.15