The power of imagination: Effect of future mental time travel on positive affect in patients with a depressive disorder.

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To assess whether an intervention based on positive future mental time travel will increase positive affect in a sample of patients with a depressive disorder.

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

Summary

ID

NL-OMON46141

Source
ToetsingOnline

Brief title
Effect of future mental time travel on positive affect.

Condition

- Mood disorders and disturbances NEC

Synonym
Depressive disorder, Major depressive disorder

Research involving
Human

Sponsors and support

Primary sponsor: Universiteit Utrecht
Source(s) of monetary or material Support: Vanuit opleidingsuren van

hoofdonderzoeker

Intervention

Keyword: depression, mental time travel, positive affect

Outcome measures

Primary outcome

The study is based on self-report questionnaires. The primary parameter is the score on the Positive and Negative Affect Scale (PANAS) before intervention, after and at follow-up.

Secondary outcome

Secondary objectives are to assess changes in emotion regulation strategies and depressive symptoms used before and after the intervention. Parameters are score on Response to positive affect scale (RPA), Ruminative response schale (RRS), Emotion regulation profile (ERP), Inventory of depressive symptoms (IDS-SR). Futhermore the Subjective Happiness scale (SHS) is used to replicate the measurement in the original study of Quoidbach and colleagues (2009) and the Questionaire upon mental imagery (QMI) to measure individual differences in imagery ability.

Study description

Background summary

Increases in positive emotions have repeatedly been shown to be more important than decreases in negative emotions when it comes to well-being, prevention of, and recovery from depression (Cohn et al., 2009; Geschwind et al., 2010; Geschwind et al., 2011). However most studies are based on a sample of students, general population and patients with mild depressive symptoms. In the current study the effect of an intervention based on positive future mental

time travel will be tested in patients with a major depressive disorder. This intervention was found to increase happiness in a general population sample (Quoidbach et al., 2009).

Study objective

To assess whether an intervention based on positive future mental time travel will increase positive affect in a sample of patients with a depressive disorder.

Study design

After informed consent participants will be randomly assigned to one of three intervention conditions or a non-intervention control condition. The study will take place in time after intake and before starting treatment as usual (e.g. normal waiting period).

Intervention

In three intervention conditions in which participants will be asked to imagine four different events (positive/negative/neutral events respectively) that could possible happen to them the day after the intervention for 15 consecutive days. One group will receive no intervention.

Study burden and risks

The burden of participation in this study will be filling in questionnaires at T1, T2 and T3 of 30 minutes each time. Furthermore an intervention of envisioning events for the next day of 15 minutes for 15 consecutive days. This makes a total investment of 315 minutes (5 hours and 15 minutes) for the participants in an intervention condition. The study will not cause any serious adverse events. Possible imagining negative future events will result in some negative affect. However this is expected to be minimal and temporary and will not lead to serious negative effects. Participants are able to contact the researchers, their therapist or an independent expert. Furthermore they may terminate their participation in the study at any time, without providing a reason.

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

- Main diagnosis of major depressive disorder
- Daily internet access on a desktop computer in a private environment
- Sufficient Dutch reading and writing skills

Exclusion criteria

- High suicidal risk
- Psychotic symptoms

Study design

Design

Study type: Interventional

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

Primary purpose: Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	18-08-2016
Enrollment:	100
Type:	Actual

Ethics review

Approved WMO Date:	30-03-2016
Application type:	First submission
Review commission:	METC NedMec
Approved WMO Date:	26-04-2017
Application type:	Amendment
Review commission:	METC NedMec

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	NL55847.041.15