

ENgage YOung people early

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON46226

Source

ToetsingOnline

Brief title

ENYOY

Condition

- Other condition

Synonym

sub-clinical psychological complaints (broad spectrum, transdiagnostic)

Health condition

sub-klinische psychische klachten (zoals somberheid en angst)

Research involving

Human

Sponsors and support

Primary sponsor: Academisch Medisch Centrum

Source(s) of monetary or material Support: ZonMw

Intervention

Keyword: Ehealth, Mental health, Prevention, Youth

Outcome measures

Primary outcome

The primary outcome measures of this study are changes in psychological distress and social and occupational functioning.

Secondary outcome

The secondary outcome measures in this study include changes in empowerment, psychosocial functioning, quality of life, hope, recovery, mental symptoms, stress markers (measured by a smart watch) as well as "websites journeys" of visitors (number of visits, number of selected activities etc.).

Study description

Background summary

Since 75 percent of mental disorders start before the age of 25, early detection and intervention in young people is critical to prevent mild symptoms from becoming chronic. Unfortunately, professional help-seeking and access to care are low in this group. Early detection and treatment of psychiatric symptoms as well as personalized health care for young people have been successfully implemented in Australia by the group of professor Patrick McGorry with about 100 Headspace centres.

As an addition to these Headspace Centers, a website eHeadspace Generation Next (eHeadspace GN), has been developed in Australia over the past 10 years by profs Alvarez-Jimenez and Gleeson. Within eHeadspace GN young people are able to request immediate contact with a clinician. However, they are also able to connect with others, team-up to achieve goals, obtain peer support, take positive interpersonal risks, practice therapeutic techniques, or quietly do their own thing, browsing content and reading the social feed. The aim of this website is to reach young people who have concerns about their mental health or already have mental health problems at an early stage and to offer them personalized support to prevent more severe mental health problems and decrease

the number of referrals to specialized mental health services.

Study objective

The primary objective of the study is to investigate the effectiveness of the adapted eHeadspace Generation Next (GN) website in the Netherlands. Secondary objectives are to investigate the utility of a smartwatch for prognosis and the development of new treatment options, and to engage young people themselves to share their concerns, ideas and suggestions

Study design

The study design is a cohort study wherein participants will be followed for a year.

Study burden and risks

Participants will be assessed at baseline, month 3, month 6 and month 12. Health risks of this study are not expected. Young people, their families and friends will benefit from this research study because they will have easy access to personalised help to prevent escalation of symptoms and problems.

Contacts

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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

-Age 16-25

-Help-seeking for mental health concerns in stages 1a or 1b (according to the clinical staging model of Hickie et al., 2013)

-Being able and willing to consent

Exclusion criteria

- Mental disorder in clinical stages 2-4

- Absence of complaints, stage 0

- Acute risk of self-harm requiring urgent intervention (i.e., suicidal ideation with a current plan and intent to enact this plan)

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated):	10-07-2020
Enrollment:	125
Type:	Actual

Ethics review

Approved WMO	
Date:	03-01-2019
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	27-05-2020
Application type:	Amendment
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	26-03-2021
Application type:	Amendment
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

ID: 22569
Source: Nationaal Trial Register
Title:

In other registers

Register	ID
CCMO	NL66345.018.18