

# YP Face IT: Assessing the feasibility, acceptability and potential effectiveness of an online psychotherapeutic intervention for adolescents with visible differences that suffer from appearance related problems.

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This is the first project in The Netherlands aimed at testing the acceptability, feasibility and effectivity of an online intervention aimed at the psychosocial functioning of adolescents with a visible difference. The aim is to 1) test if the...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON46518

### Source

ToetsingOnline

### Brief title

YP Face IT

### Condition

- Other condition

### Synonym

appearance-related distress, Visible differences

### Health condition

zichtbare aandoeningen

## **Research involving**

Human

## **Sponsors and support**

**Primary sponsor:** Erasmus MC, Universitair Medisch Centrum Rotterdam

**Source(s) of monetary or material Support:** Innovatiefonds Zorgverzekeraars

## **Intervention**

**Keyword:** adolescents, emotional resilience, Online intervention., Visible difference

## **Outcome measures**

### **Primary outcome**

For the different project phases:

1) acceptability and feasibility: acceptability for Dutch adolescents and the

extent to which it meets their needs.

2) RCT: social anxiety and body esteem.

### **Secondary outcome**

Phase 1: Social anxiety and body esteem.

Phase 1 and 2: Aspects of self-worth, perceived stigmatization, quality of

life, body dysmorphic disorder symptoms, depressive symptoms, demographic

variables and information on the visible difference.

## **Study description**

### **Background summary**

In The Netherlands over 250.000 adolescents have a visible difference. They often experience adverse social situations, such as: being stared at, getting comments and questions about their appearance, being bullied or excluded. About a third of these young people develop problems. They lack confidence, are

unhappy about their body, feel anxious in social situations and start evading them, isolating themselves and function worse in school. In short, their emotional resilience is lowered. From the clinical practice, we now that a wish exists in adolescents and patient organisations for adequate psychosocial care for adolescents with a visible difference.

YP Face IT is an online intervention, developed in England and aimed at helping young people with a visible difference. In this intervention, adolescents learn skills and techniques to cope with difficult situations. The intervention has 7 online sessions and an additional booster session after 6 weeks and is aimed at increasing emotional resilience and self-worth, and getting a more positive body image. The adolescents can do the intervention on their own, but a professional is always available on the background to offer support when needed.

A study in England shows that YP Face IT connects to the needs of English adolescents with a visible difference. In this project, we would like to test if the format and content is adequate for Dutch adolescents. It is very important to know if YP Face IT speaks to Dutch adolescents, because due to cultural differences an intervention can be very successful in one country, but flop in another. Furthermore, we will test if the emotional resilience is strengthened and if the appearance-related problems decrease amongst the adolescents taking part in our study. We hope that the intervention encourages adolescents to think more positively about themselves and their appearance, which increases their confidence in socializing with peers and will therefore be more at ease in social situations at school and in public.

## **Study objective**

This is the first project in The Netherlands aimed at testing the acceptability, feasibility and effectivity of an online intervention aimed at the psychosocial functioning of adolescents with a visible difference. The aim is to 1) test if the format and content of the intervention are adequate for Dutch adolescents and test if the intervention is feasible and 2) test if YP Face IT is effective at improving social anxiety and body esteem in these adolescents.

## **Study design**

The project encompasses 2 phases:

1) An acceptability & feasibility trial. This is a longitudinal study, in which 15 adolescents do the intervention. They will complete questionnaires before and after the intervention and will take part in a semi-structured interview after the intervention.

2) A randomized controlled trial. This is a longitudinal study in which half of

the adolescents receive the intervention and half will be assigned to a Care As Usual (CAU) condition. Measurements (questionnaires) will be done at 0, 13 and 25 weeks.

## **Intervention**

YP Face IT is an online psychotherapeutic intervention. The sessions contain elements of social skills interaction training and cognitive behavioural therapy, and is aimed at improving adolescents' emotional resilience. The intervention consists of 7 weekly sessions (roughly 1 hour each), followed by a booster-session 6 weeks after the last session. In between the sessions, adolescents are asked to do some short homework assignments.

## **Study burden and risks**

The burden for the participant will primarily be the time they dedicate to completing questionnaires (2 or 3 times 45 minutes), following the sessions (8 times an hour). They will also have to dedicate time to homework assignments (6 times 15 minutes).

The intervention is aimed specifically at adolescents with a visible difference. The study can therefore not be conducted with an older (patient)group.

## **Contacts**

### **Public**

Erasmus MC

Wytemaweg 8  
Rotterdam 3015 CN  
NL

### **Scientific**

Erasmus MC

Wytemaweg 8  
Rotterdam 3015 CN  
NL

## **Trial sites**

## Listed location countries

Netherlands

## Eligibility criteria

### Age

Adolescents (12-15 years)

Adolescents (16-17 years)

### Inclusion criteria

Aged 12-18 with a visible difference;

Parental permission under the age of 16;

Have access to a computer with internet;

Phase 2: Experience problems in the areas of social anxiety, depressive symptoms or body esteem (only for RCT).

### Exclusion criteria

Mental disability;

Reading ability below 12 years of age;

Visual impairments preventing comprehension of the online intervention;

Diagnosis of depression, psychosis, body dysmorphic disorder or eating disorder;

Insufficient proficiency in Dutch by parent or adolescent

Phase 2: receiving face-to-face treatment.

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Treatment

## Recruitment

NL  
Recruitment status: Recruitment stopped  
Start date (anticipated): 17-07-2018  
Enrollment: 224  
Type: Actual

## Ethics review

Approved WMO  
Date: 22-06-2018  
Application type: First submission  
Review commission: METC Erasmus MC, Universitair Medisch Centrum Rotterdam (Rotterdam)

## 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: 20261  
Source: NTR  
Title:

### In other registers

Register	ID
CCMO	NL63955.078.18
OMON	NL-OMON20261
OMON	NL-OMON24659