

The Young Ones, an Acceptance and Commitment Therapy (ACT)-based transdiagnostic coaching group for young people with mental health problems

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We aim to evaluate the efficacy of an add-on trans-diagnostic ACT-group in adolescents (17-37 years), which is implemented in a mental institution in Amsterdam, the Netherlands. We hypothesize that there is a beneficial effect of an eight-week add-on...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Psychiatric disorders NEC
Study type	Interventional

Summary

ID

NL-OMON48260

Source

ToetsingOnline

Brief title

The Young Ones - Acceptance and Commitment Therapy

Condition

- Psychiatric disorders NEC

Synonym

mental health problems

Research involving

Human

Sponsors and support

Primary sponsor: Academisch Medisch Centrum

Source(s) of monetary or material Support: de deelnemende instellingen vergoeden onkosten voor dit onderzoek

Intervention

Keyword: acceptance and commitment therapy, recovery, self-stigmatization, transdiagnostic interventions

Outcome measures

Primary outcome

The primary endpoint is the change in recovery as assessed by the Mental Health Recovery Measure (MHRM; Young & Bullock, 2003).

Secondary outcome

Secondary endpoints are changes in functioning, self-stigmatisation, self-compassion, symptom distress and ACT-processes.

Study description

Background summary

Mental disorders are common in adolescents, affecting around 13% of the adolescent population worldwide (Polanczyk et al., 2015), that persists frequently and moreover increase the risk for development of other mental disorders (Ormel et al., 2015). Cognitive behavioral treatment in adolescents with mild symptomatology (ultra-high risk; UHR) lowers the risk of conversion to severe pathology later in life and is therefore highly recommended (Ising et al., 2015). Adolescent mental health care might benefit from a trans-diagnostic approach due to high comorbidity rates (Ehrenreich-May & Chu, 2013), shorter waiting lists, and the possibility to *learn to more flexibly and creatively incorporate the principles into their repertoire of coping armament* (McEvoy, Nathan, & Norton, 2009, p. 22). Acceptance and Commitment Therapy (ACT) is a promising evidence-based third-wave intervention (A-Tjak et al., 2015), which aim is not to target symptomatology, but the way clients deal with their symptomatology and enable themselves to pursue a value-based life despite

(psychological) setbacks.

Study objective

We aim to evaluate the efficacy of an add-on trans-diagnostic ACT-group in adolescents (17-37 years), which is implemented in a mental institution in Amsterdam, the Netherlands.

We hypothesize that there is a beneficial effect of an eight-week add-on trans-diagnostic ACT-group in adolescents on functioning, self-stigma, self-compassion, recovery, and ACT-processes.

Study design

Monocentric waitlist randomized controlled trial with 6 month follow-up.

Intervention

An ACT-based transdiagnostic group intervention will be applied over a period of 8 weeks.

Study burden and risks

n.a.

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

- receiving care with one of the participating mental health settings
- estimated IQ > 75
- able to speak and understand Dutch
- struggling to some extent with psychological complaints
- motivation to participate
- able to receive group treatment
- the responsible caregiver has given permission to participate

Exclusion criteria

- too much psychiatric symptoms and therefore not able to participate in group
- acting violent/aggressive

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)

Primary purpose: Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	19-12-2020
Enrollment:	73
Type:	Actual

Ethics review

Approved WMO	
Date:	16-12-2019
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	NL70317.018.19