

Moodbuster (E-MODEL): A feasibility study into online CBT treatment for depression among the elderly (55+).

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The aim of this pilot study is to evaluate the feasibility of an online platform that targets depressive symptoms in an elderly population (55+) by means of an online treatment platform (Moodbuster) for depression in a pretest-posttest design.

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

Summary

ID

NL-OMON52053

Source

ToetsingOnline

Brief title

Moodbuster for elderly (E-MODEL)

Condition

- Mood disorders and disturbances NEC

Synonym

gloom, low mood

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: cognitive behavioural therapy, depression, online intervention, the elderly

Outcome measures

Primary outcome

The primary aim of this study is to evaluate feasibility in terms of acceptance, usability, engagement and satisfaction of an online platform.

Secondary outcome

Secondary outcomes include depressive symptom severity, technical alliance and working alliance, uptake and subjective experience with the platform.

Study description

Background summary

Internet-based interventions can be effective in the treatment of various common mental disorders, including depression. Many of these interventions are based on cognitive behavioural therapy (CBT). The introduction of internet-based interventions for people with depressive symptoms has entered both primary and specialized routine mental health care. An intervention specifically aimed at the elderly fits in well with this. Research into internet-based interventions for the elderly is scarce, underlining the need for more research to be able to tailor effective interventions for this specific group. To date there are virtually no digital interventions for the treatment of depression that specifically target the needs of the elderly.

Study objective

The aim of this pilot study is to evaluate the feasibility of an online platform that targets depressive symptoms in an elderly population (55+) by means of an online treatment platform (Moodbuster) for depression in a pretest-posttest design.

Study design

Single-group pretest-posttest design

Intervention

The Moodbuster intervention for the elderly with depression is based on Cognitive Behavioural Therapy (CBT). Moodbuster is an online platform. The online platform consists of 7 modules, each module consists of information and assignments. The core elements of the intervention are psychoeducation, behavioural activation cognitive therapy, problem solving, exercise, sleep and relapse prevention.

Study burden and risks

Participant burden involves completing online questionnaires at baseline and post-treatment. The risks involved in taking part in the study are considered minimal. Participants may benefit from taking part in the interventions by lowering their depressive symptoms in general. Completion of the questionnaires may be slightly distressing for some participants.

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

Aged 55 or above

have a GDS score of 5-10 for the group with mild depression or a GDS score of

8-15 for the group with more severe depression

able to work with a computer and have access to a computer with internet

have a smartphone

Exclusion criteria

mild depressed group:

- suicidal thoughts

- have severe cognitive impairment

severe depressed group:

- have severe cognitive impairment

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Recruiting

Start date (anticipated): 07-10-2022

Enrollment: 45

Type: Actual

Medical products/devices used

Generic name:	Moodbuster
Registration:	No

Ethics review

Approved WMO	
Date:	18-05-2022
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	07-10-2022
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

No registrations found.

In other registers

Register	ID
CCMO	NL75534.029.21