

Exploring the effects of Street Temptations on cognitive distortions and treatment motivation within behaviorally at-risk adolescents

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Personality disorders and disturbances in behaviour
Study type	Interventional

Summary

ID

NL-OMON56222

Source

ToetsingOnline

Brief title

Exploration of Street Temptations

Condition

- Personality disorders and disturbances in behaviour

Synonym

Cognitive distortions, thinking errors

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit Medisch Centrum

Source(s) of monetary or material Support: Vereniging van Nederlandse Gemeenten

Intervention

Keyword: Cognitive distortions, Single-Case Experimental Design, Treatment motivation

Outcome measures

Primary outcome

The main study parameters are the daily self-reported measurements on cognitive distortions and treatment motivation.

Secondary outcome

Secondary study parameters will be assessed before baseline, after intervention and after follow-up and include quantitative as well as qualitative data collection.

Study description

Background summary

Antisocial and externalizing problem behavior among adolescents is a widely acknowledged problem, that highlights the importance of adequate and effective treatment to help behaviorally at-risk adolescents behave more socially adequate. Self-serving cognitive distortions (e.g., Self-Centered and Blaming Others) play a central role in initiating and maintaining antisocial behavior. Therefore, it seems particularly important to focus on opportunities to challenge these distortions when it comes to treatment. Exercises regarding social perspective-taking can provide these opportunities. In addition to cognitive distortions, behaviorally at-risk adolescents often display a lack of motivation regarding treatment and behavioral change. Consequently, a focus on treatment motivation is needed as well, in order to create a treatment environment in which behavioral change can actually be enhanced. Street Temptations (ST) is a new training program that has the potential to foresee in both aspects, through a primary focus on mentalization, i.e. reflective functioning. One of the innovative aspects of ST is the use of virtual reality (VR) to enhance the therapeutic exercises. The current research project will be conducted to provide a first and thorough exploration into ST*s effectiveness in enhancing cognitive distortions and treatment motivation in behaviorally

at-risk adolescents.

Study objective

The primary objective is to explore whether participation in ST leads to a change with regard to cognitive distortions and treatment motivation in behaviorally at-risk adolescents. Secondly, it will be analysed whether participants show a difference in reflective functioning and social perspective-taking. Qualitative data will be collected to analyse adolescents* and therapists* opinions and experiences regarding working with ST and VR, as well as to address ST*s possible long term influence on subsequent treatment trajectories.

Study design

The effects of ST will be examined through a repeated multiple baseline Single-Case Experimental Design (SCED). 18 participants will be randomly assigned to one of three different baselines, equally divided over two different settings. The course of the study will consist of three phases: phase A - baseline, phase B - intervention and phase C - follow-up. Throughout the different phases, daily measurements on cognitive distortions and treatment motivation will be conducted.

Intervention

All participants will undergo the ST-training program. ST is an intervention that consists of 7 treatment sessions. Through practical and dynamic exercises that focus on social perspective-taking, youths can practice with mentalization skills. An additional innovative aspect of ST is the use of VR technique to enhance the exercises. Adolescents watch a short VR-video of a street fight or visualize a personal experience, to present a scenario and start the conversation. The different characters in the VR-video are used during the intervention to take different perspectives, e.g. offender, victim, bystander, etc.

Study burden and risks

In total, the research period from the start of the baseline till the end of the first follow-up will take up approximately eight weeks per participant. During this period, participants will undergo 7 ST-sessions of 45-60 minutes. Daily assessments can be performed within 5 minutes. Other data will be collected in 4 face-to-face or telephonic assessments. These assessments will take up +/- 45-60 minutes (interview at T1) to +/- 90 minutes (T0, T1 and Tf1). Additionally, the executive researcher and assistants will be in touch with participants regularly by telephone, to check how things are going. Three months after Tf1, participants will be approached again for a second interview

(Tf2), that will take up +/- 45-60 minutes as well. Three months after Tf2, participants will be approached for a final follow-up interview (Tf3) that will also take up +/- 45-60 minutes. The only potential risk that is foreseen, is the possible experience of motion sickness or eyestrain when using the VR-glasses. Adolescents can choose to not use the VR-glasses again if this happens. This kind of discomfort does not have lasting effects.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Inclusion criteria

- Assigned to Street Temptations after multidisciplinary consultation within the organisation
- Antisocial and/or externalizing problem behavior
- Deficits regarding cognitive distortions and/or treatment motivation

- Presence or risk of delinquent behavior
- Expected stay of at least two months
- Adolescents are aged between 12 and 18 years old
- Basic understanding of mobile applications

Exclusion criteria

- Severe physical impairment, such as deafness and blindness
- Severe psychiatric problems, such as psychosis or high risk of suicide requiring immediate intervention
- Trauma from serious violence
- Epilepsy and/or serious problems regarding motion sickness
- Insufficient understanding of the spoken and written Dutch language

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 01-11-2021

Enrollment: 18

Type: Actual

Ethics review

Approved WMO

Date: 24-06-2021

Application type: First submission

Review commission: METC Amsterdam UMC

Approved WMO
Date: 02-09-2021
Application type: Amendment
Review commission: METC Amsterdam UMC

Approved WMO
Date: 14-06-2022
Application type: Amendment
Review commission: METC Amsterdam UMC

Approved WMO
Date: 17-01-2023
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	NL75545.029.20