

Treating Suicidality Remotely: a randomized controlled trial of brief cognitive behavioral therapy for suicide prevention via chat or phone

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Ethical review	Approved WMO
Status	Recruiting
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON56714

Source

ToetsingOnline

Brief title

Treating Suicidality Remotely (TREASURE)

Condition

- Other condition

Synonym

suicidality, suicide

Health condition

zelfdoding

Research involving

Human

Sponsors and support

Primary sponsor: 113 Zelfmoordpreventie

Source(s) of monetary or material Support: Suicidepreventiefonds

Intervention

Keyword: CBT-SP, Ehealth, Suicide

Outcome measures

Primary outcome

Number of suicide attempts, including fatal attempts (measured with the interview version of the C-SSRS)

Secondary outcome

Suicidal thoughts (measured with the interview version of the C-SSRS), adverse effects (measured with the NEQ), treatment satisfaction (measured with the CSQ-8), mental health problems (measured with the MINI), quality of life (measured with the MHQoL) and healthcare utilization (measured with the TiC-P mini).

Study description

Background summary

Suicide is a major societal problem, but there are almost no interventions that have been shown to prevent suicide attempts. Most interventions studied to date have at most a modest effect on suicidal thoughts, not suicidal behavior. This is especially true for online interventions: not a single online intervention has proven to prevent suicide attempts, while online interventions could make an important contribution to suicide prevention due to their reach and accessibility. 113 Suicide Prevention therefore offers free and anonymous cognitive behavioral therapy for suicide prevention (CBT-SP) via chat and phone, a short-term intervention that has shown offline (not online) to

significantly reduce suicide attempts.

Study objective

Therefore, the main purpose of this study is to investigate whether this online intervention can indeed help prevent suicide attempts. In addition, we want to examine whether the intervention affects thoughts of suicide, quality of life and broader psychological problems. Finally, we want to examine more thoroughly than before whether or not the intervention has adverse effects, and qualitatively and quantitatively explore on what people think of the intervention.

Study design

This is a randomized controlled trial in which participants are randomly assigned to either online CBT-SP or 113's online selfhelp course. For the occasion, people in the control group receive feedback on the lessons they complete during the self-help course not by mail, but in a conversation with a therapist. This means they are offered the same number of sessions as participants in the experimental condition, with the difference that half of these sessions are completed without the presence of a therapist.

Intervention

Brief cognitive behavioral therapy for suicide prevention, consisting of 12 sessions with a therapist via chat or phone.
113 Suicide Prevention's online self-help course, consisting of 6 lessons each reviewed with a therapist via chat or phone.

Study burden and risks

compared to the regular treatment at 113, the extra burden consists of participating in 3 assessments of about 45 to 60 minutes, in which several interviews and questionnaires are administered. Furthermore, contrary to the usual practice at 113, people cannot participate in the study anonymously. There are other risks, such as the risk that the intervention is not effective, but people would also be exposed to these risks if they would engage in the interventions outside the study.

Contacts

Public

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Scientific

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (16-17 years)
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

- 16 years or older
- living in The Netherlands
- Any type of STBs in the past 4 weeks, as indicated by a score ≥ 1 to the C-SSRS

Exclusion criteria

- Insufficient mastery of the Dutch language
- Previously engaged in CBT-SP or 113's online self-help course
- Currently seeing a mental health professional at least once every 3 weeks, other than a general practitioner or general practice based nurse practitioner (*POH-GGZ*)
- Not able to engage in online therapy, for instance because of severe thought disorders, based on the clinical impression of the therapist or research

assistant and a supervisor

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	07-05-2024
Enrollment:	364
Type:	Actual

Medical products/devices used

Registration:	No
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Ethics review

Approved WMO	
Date:	22-03-2024
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	NL85041.018.23