Stepped Care for depression and anxiety in younger adults with visual impairment: implementation study

Published: 17-06-2024
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Testing and implementing Stepped care 18+ in practice.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Vision disorders
Study type	Interventional

Summary

ID

NL-OMON56858

Source
ToetsingOnline

Brief title
Stepped Care 18+ implementation

Condition

- Vision disorders
- Mood disorders and disturbances NEC

Synonym
depression in people with eye diseases

Research involving
Human

Sponsors and support

Primary sponsor: Vrije Universiteit Medisch Centrum
Source(s) of monetary or material Support: Visio Foundation

Intervention

Keyword: Anxiety, Depression, Stepped-Care, Visual impairment

Outcome measures

Primary outcome

The developed online modules in Minddistrict will be tested in a usability study, after which the intervention can be adjusted/improved. Subsequently, the intervention will be put into practice by means of a 1.5-year testing period. During the testing period, it will be tested whether the intervention has an effect on complaints of depression and anxiety. Quality of life will also be measured before and after following the intervention. In addition, interviews will be conducted with stakeholders within the organizations where the intervention will be implemented (Royal Dutch Visio, Robert Coppes Foundation and Amsterdam UMC ophthalmology department). From this follows an implementation plan.

Secondary outcome

N/a.

Study description

Background summary

One in three (young) adults (18+) with a visual impairment experiences subclinical complaints of depression and/or anxiety, which can lead to major limitations in social, emotional and physical functioning. An effective stepped-care method is available for these complaints for visually impaired older adults (50+). Rehabilitation/care institutions for the blind and visually impaired and Amsterdam UMC have called for this method to be made available to (young) adults as well. The already implemented intervention for visually impaired people over 50 has been adapted to better reflect the experience of

(young) adults with a visual impairment.

Study objective

Testing and implementing Stepped care 18+ in practice.

Study design

A mixed-methods design will be used in which both qualitative and quantitative data will be collected during the application of this intervention in practice. The study follows the principles of participatory action research and consists of three parts: 1) usability and accesibility 2) living lab, 3) interviews. During the usability and accessibility study, a small group of patients (n=8) will test the online modules for usability and accessibility, in order to improve them. During the living lab, the entire intervention will be applied in practice within the organizations involved (Amsterdam UMC, Royal Dutch Visio, Robert Coppes Foundation). During the interviews, interviews will be held with various stakeholders within the organizations involved about implementation and safeguarding of the intervention.

Intervention

The intervention has a step-by-step character (stepped care), with an increasing intensity. The intervention consists of the following steps: 1) period of vigilance (including psycho-education), 2) guided self-help 'Blik op je Dip' based on cognitive behavioral therapy, 3) conversations based on 'Problem Solving Treatment' (PST) , and 4) referral for more intensive forms of support. Patients who follow the intervention only move to the next step if the gloom/anxiety complaints have not decreased sufficiently after the previous step.

Study burden and risks

It takes time for the participants to get started with the intervention. Participants are working on it for a maximum of 8 months. The intervention is also offered online, which makes it easier to follow the modules. It can cause fatigue when people follow the intervention in addition to their daily lives. In addition, it could be confrontational to get started with the intervention because certain themes can be sensitive, such as acceptance of the visual impairment and gloomy feelings.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)

Inclusion criteria

Usability: People with visual impairment (visual acuity of max. 0.5 snellen)
Proeftuin: People with visual impairment, who have subclinical symptoms of depression/anxiety
Interviews: stakeholders/professionals who can have an impact on the positive implementation of stepped care in the organisaitons.

Exclusion criteria

Usability: not being able to use the computer.
Proeftuin: having a psychiatric disorder and being cognitively impaired.
Interviews: -

Study design

Design

Study type: Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Prevention

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-07-2024
Enrollment:	82
Type:	Actual

Medical products/devices used

Generic name:	Minddistrict
Registration:	Yes - CE intended use

Ethics review

Approved WMO Date:	17-06-2024
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO Date:	19-02-2025
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	NL84903.018.24