

Effects of animal-assisted group therapy on depression, self-efficacy experience, and mindfulness in adolescents with mental health disorders

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Primary hypothesis: An extension of the psychotherapeutic treatment concept by animal-assisted group therapy (plus treatment as usual / TAU) lowers depressive symptomatology, possibly via increases in patients' experience of self-efficacy and...

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON19949

Bron

NTR

Verkorte titel

TBA

Aandoening

Depression, Eating Disorder, Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder, Borderline Personality Disorder.

Ondersteuning

Primaire sponsor: Schön Klinik Bad Arolsen, Germany

Overige ondersteuning: none

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome is mood change after completing at least 3 of 5 components of the TGGT, defined by change in depressive symptomatology on the BDI-II, BSI and PHQ (T4 discharge compared with admission T0) compared to the TAU group.

Toelichting onderzoek

Achtergrond van het onderzoek

The study has a prospective quasi-experimental design. 200 patients, all diagnosed with mental health problems and aged 13-17 years, receive either TAU (treatment as usual / control group) or the intervention (TAU plus animal-assisted group therapy).

Patients are recruited for the study via inpatient admissions to the psychosomatic Schön Klinik Bad Arolsen. Patients who wish to participate in the study, as well as their caregivers, will be informed about the study in advance and screened for eligibility with respect to the inclusion and exclusion criteria. The patients are assigned to the animal-assisted group by the psychotherapists and physicians of the clinic according to a predefined indication.

Participants go through at least three of the five components of the group therapy. Groups consist of 7 patients.

Outcome measures are mood of the patients, measured by depressive symptomatology, self-efficacy experience, mindfulness, self-concept, self-esteem, motivation and adherence to treatment.

Doel van het onderzoek

Primary hypothesis: An extension of the psychotherapeutic treatment concept by animal-assisted group therapy (plus treatment as usual / TAU) lowers depressive symptomatology, possibly via increases in patients' experience of self-efficacy and mindfulness and thereby improving depressive symptomatology and causing faster stabilization compared to TAU alone.

Secondary hypothesis

The animal-assisted group therapy (TGGT) plus TAU group shows improvement during the course of therapy in terms of depressive symptomatology (BDI-FS, ADS), mindfulness skills (FFA), self-worth (MSWS), motivation and adherence (number of attended sessions), as well as an improvement in self-concept (BYI-2).

Onderzoeksoepzet

T0 Measurement at admission for inpatient treatment

T1 Measurement before start of animal-assisted intervention

T2 Measurements during the intervention (after each session)
T3 Measurement after completion of at least 3 of 5 components of therapy
T4 Measurement at discharge from inpatient treatment

Onderzoeksproduct en/of interventie

Manualized animal-assisted group therapy divided into five modules. All modules are manualized and based on the standards of the cooperating clinic. The well-being of the animals is taken care of by a specialist therapist of the clinic (animal health practitioner / Specialist for alternative animal healing methods). Animal-assisted therapy is based on the guidelines of the IAHAIO (2018) as well as the Veterinary Association for Animal Welfare and the responsible veterinary office.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Age between 13 and 17 (at the start of treatment).
- Suffering from a mental illness (depressive episode, eating disorder, anxiety disorder, obsessive-compulsive disorder) according to the criteria of ICD 10
- Inpatient admission to the Schön Klinik Bad Arolsen

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Acute suicidality
- Schizophrenia, schizoaffective disorder, bipolar disorder, substance abuse, organic mental disorder
- Other current Axis I disorder as primary diagnosis
- Severe physical illness; no consent from physicians at Schön Klinik
- Physical condition not sufficiently stable due to anorexia nervosa

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-03-2021
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
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NTR-new	NL9605
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Ander register Legal department at Schön Klinik Bad Arolsen, Germany : BadArolsen_2020

Resultaten