Conditioning of a stress management training to a distinctive scent

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The goal of the current study is to examine whether a neutral scent can be conditioned to a stress management training, by examining whether administration of the scent alone can evoke conditioned effects on psychological and physiological stress...

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20019

Bron
NTR

Verkorte titel
Scent conditioning

Aandoening

Healthy adults, Conditioning, Scent, Stress Management Training

Ondersteuning

Primaire sponsor: Leiden University
Overige ondersteuning: Leiden University

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome is state anxiety (as measured by the Shortened State-Trait Anxiety Inventory-State version (STAI-S-s: Spielberger et al., 1983)) after acute stress compared to

the no-treatment control group and the treatment control group combined.

Toelichting onderzoek

Achtergrond van het onderzoek

Various studies have shown that scents can be conditioned to pleasant and unpleasant environmental cues, as scents and the association with specific memories are easily formed. Research has also shown that a brief stress management training can have significant positive effects on both psychological and physiological stress responses after exposure to acute stress. In the current study, we aim to investigate whether the administration of a distinctive scent after conditioning of the scent to a stress management training can result in positive psychological and physiological stress response effects after acute stress in a population of healthy adults.

Doel van het onderzoek

The goal of the current study is to examine whether a neutral scent can be conditioned to a stress management training, by examining whether administration of the scent alone can evoke conditioned effects on psychological and physiological stress responses after exposure to acute stress. Primary research question is whether the experimental group will show a lowered stress response after acute stress compared to two combined control groups, consisting of the no-treatment control group and the treatment control group.

Onderzoeksopzet

The study consists of two test sessions on two consecutive days at a similar time of day.

Onderzoeksproduct en/of interventie

A randomized controlled between-subjects design will be applied, consisting of two phases (acquisition phase and test phase), which will take place on two consecutive days at a similar time of the day. Participants are randomly allocated to one of three groups:

Acquisition phase:

Group 1 (no-treatment control group) will perform a neutral filler task. Group 2 (treatment control group) and 3 (treatment conditioned group) will undergo a stress management training. Before and after the filler task or stress management training, all participants will be exposed to the same distinctive scent for one minute.

Test phase:

Participants in group 1 and 3 will be exposed to the same distinctive

scent as in the acquisition phase. Participants in group 2 will not receive the scent and testing will be done in a different lab in order to avoid conditioning effects. After baseline measures and the scent exposure (in group 1 and 3), a psychosocial stress task will be applied (the Trier Social Stress Test).

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Healthy subjects

2. Between 18 and 35 years of age

3. Able to understand both Dutch and English

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Regular use of (illegal) drugs including cannabis, habits of heavy drinking (more than 3 glasses of alcohol a day).

2. The presence of current or recent (< 3 months) serious life events.

3. Serious psychiatric and (acute) somatic disorders, and acute infections that might interfere with the study protocol.

4. Smoking.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Placebo

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2016
Aantal proefpersonen:	96
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	21-11-2017
Soort:	Eerste indiening

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
NTR-new	NL6675
NTR-old	NTR6845
Ander register	: CEP16-0923/289

Resultaten

Samenvatting resultaten
n/a