A randomized controlled trial comparing school-based (Op Volle Kracht) and computerized (SPARX) depression prevention programs with adolescent girls.

Gepubliceerd: 05-12-2012 Laatst bijgewerkt: 13-12-2022

The effectiveness of school-based ('Op Volle Kracht') and computerized ('SPARX') depression prevention programs will be tested in a Dutch sample of adolescent girls with elevated depressive symptoms. The programs will be tested…

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

Samenvatting

ID

NL-OMON20445

Bron
NTR

Aandoening

Depression, Prevention, Adolescents, Depressie, Preventie, Adolescenten.

Ondersteuning

Primaire sponsor: Radboud University
Overige ondersteuning: Radboud University

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Depressive symptoms: Reynolds Adolescent Depression Scale Second Edition (RADS-2).

Toelichting onderzoek

Achtergrond van het onderzoek

In this randomized controlled trial (RCT with 4 conditions, 3 intervention conditions and control group), the effectiveness of school-based ('Op Volle Kracht') and computerized ('SPARX') depression prevention programs will be tested in a Dutch sample of adolescent girls with elevated depressive symptoms. Girls with elevated depressive symptoms are randomly assigned to one of four conditions. The first condition will consist of 8 lessons of 50 minutes at school during or after school time. The second condition consists of seven 30 minute levels of a video game which girls play at home. The third condition consists of both the 8 school-based lessons and the seven levels of the video game. Measurements of primary and secondary outcomes will be conducted in all groups at baseline, immediately after each lesson, three, six and twelve months after the last lesson.

Doel van het onderzoek

The effectiveness of school-based ('Op Volle Kracht') and computerized ('SPARX') depression prevention programs will be tested in a Dutch sample of adolescent girls with elevated depressive symptoms. The programs will be tested separately and combined. It is expected that the adolescent girls who receive one or both of the interventions will show lower levels of depressive symptoms during posttreatment and follow-up, compared to the control group.

Onderzoeksopzet

1. Screening (all primary and secondary outcomes);

2. Pretreatment (all primary and secondary outcomes);

3. Immediately after each lesson (Depressive symptoms (RADS-2); Suicidal ideation; Daily stressors);

4. Midtreatment (all primary and secondary outcomes);

5. Posttreatment (all primary and secondary outcomes);

6. Three months after the last lesson (follow-up; all primary and secondary outcomes);

7. Six months after last lesson (all primary and secondary outcomes);

8. Twelve months after last lesson(all primary and secondary outcomes).

Onderzoeksproduct en/of interventie

Girls with elevated depressive symptoms are randomly assigned to one of four conditions.

1. The first condition, 'Op Volle Kracht', will consist of the first 8 lessons of 50 minutes of the 'Op Volle Kracht' program (including homework assignments), which the girls will receive at their school during or after school time under supervision of a psychologist.

2. In the second condition, ‘SPARX’, girls play one 30 minute level of the ‘SPARX’ video game at home each week, until they have completed all seven levels.

3. The third condition, ‘Op Volle Kracht and SPARX’, consists of both the first 8 lessons of ‘Op Volle Kracht’ (as received by the girls in the first condition) and the seven levels of ‘SPARX’ (as received by the girls in the second condition).

4. Finally, the control condition, will receive an intervention after the completion of the study (either OVK or SPARX), but no intervention during the study. Participating girls in all conditions fill out weekly questionnaires during the programs.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Adolescent girls in 7th and 8th grade, middle school (ages 12-14);

2. Informed consent from children and parents;

3. Elevated depressive symptoms. In line with other indicated prevention studies (see for a meta-analytic review Horowitz & Garber, 2009) and earlier studies with the SPARX (Fleming et al., 2012; Merry et al., 2012; Lucassen et al., in preparation) girls with a RADS-2 score of above the 70th percentile will be included.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. No informed consent from children and parents;

2. Children with severe depressive score and suicidal ideation (score 3 on item 9 of the CDI);

3. Children currently receiving mental health care.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-12-2012
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	05-12-2012
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	NL3579
NTR-old	NTR3737
Ander register	ECG : 2012-2711-069
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A