Psyfit, an internet-based intervention in order to promote well-being.

Gepubliceerd: 30-11-2009 Laatst bijgewerkt: 15-05-2024

The internet-based self-help intervention is effective in the enhancement of well-being, the reduction of depressive symptoms and in terms of economic costs in comparison to a waiting list control group.

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

Samenvatting

ID

NL-OMON20459

Bron
NTR

Aandoening

Wellbeing, depressieve symptoms

Ondersteuning

Primaire sponsor: Trimbos Institute
Overige ondersteuning: Ministry of Health, Welfare and Sports

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Well-being (WHO-5 and Mental Health Continuum-Short Form) and depressive symptoms (CES-D).

Toelichting onderzoek

Achtergrond van het onderzoek

The aim of the study is to evaluate the (cost-)effectiveness of Psyfit, an online mental fitness self help program, on well-being and depressive symptoms. The study design is a two-armed pragmatic randomised controlled trial:

1. 2-month access to Psyfit (experimental condition);

2. Waiting list for 6 months (control condition).
Measurements will be made prior to inclusion and randomisation (t0), 2 months after starting the intervention (t1), 6 months after starting the intervention (t2).

Doel van het onderzoek

The internet-based self-help intervention is effective in the enhancement of well-being, the reduction of depressive symptoms and in terms of economic costs in comparison to a waiting list control group.

Onderzoeksopzet

1. t0: baseline;

2. t1: post test, 2 months after t0;

3. t2: follow-up, 6 months after t0.

Onderzoeksproduct en/of interventie

The intervention concerns a multiple internet-based self-help intervention (‘Psyfit’) aimed at the promotion of well-being en the reduction of depressive symptoms. Based on their needs and current level of well-being they can choose one out of six modules. Each module consists of a four-week program with theoretical information, short films and assignments. Participants can monitor their progress in a personal plan and a mood meter. For sharing experiences and peer-to-peer support an online community is available. Participants are randomized to the intervention of a waitinglist control group. Participants in the watinglist control group are able to attend the intervention 6 months after T0.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Subjects:

1. Are 25 years or older;

2. Have very mild to moderate depressive symptoms as measured by the Center for Epidemiological Studies Depression Scale (CES-D) in a score 10 or higher ànd moderate or low well-being as measured by the cut-off points in the Mental Health Continuum (Keyes, Keyes and Westerhoff);

3. Have access to a computer and a good internet connection;

4. Have sufficient knowledge of the Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Serious depressive complaints (score CES-D >=25);

2. Suicideal ideation (active suicidal thoughts or plans, score Web Screening Questionnaire 2

or 3).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2009
Aantal proefpersonen:	414
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	30-11-2009
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 33265
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL2009
NTR-old	NTR2126
CCMO	NL28769.097.09
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON33265

Resultaten

Samenvatting resultaten
N/A