

# Treating Moroccan an Turkish migrants with depression and anxiety disorders (MIDA study).

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Increasing the intercultural competence of mental health workers will reduce therapy dropout in Moroccan and Turkish patients with depressive and anxiety disorders.

<b>Ethische beoordeling</b>	Niet van toepassing
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON20479

### Bron

NTR

### Verkorte titel

MIDA study

### Aandoening

depressive disorder; anxiety disorder; cultural competence

depressieve stoornis; angst stoornis; culturele competentie

### Ondersteuning

**Primaire sponsor:** no sponsor

**Overige ondersteuning:** ZonMw , the Netherlands Organisation for Health Research and Development. The Hague. The Netherlands.

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

## **Primaire uitkomstmaten**

Dropout of treatment. Dropout defined as: According to the therapist the patient is in need for more therapy, but the patient ignores at least two invitations of the therapist. Time of dropout over 12 months will be recorded by the therapist.

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

Since the sixties of the last century, many people from Morocco and Turkey have migrated into the Netherlands. Depressive and anxiety symptoms are very common among these immigrants. In the last decade, Moroccan and Turkish patients have found their way to organizations for mental health care. However, they often drop-out from treatment.

Problems in the communication with the therapists and different expectations regarding treatment seem to be causal factors for the early drop- out from therapy .

The main objective of the study is to optimalize the treatment of Moroccan and Turkish patients with depressive and/or anxiety disorders by increasing the cultural competence of the mental health workers.

A randomized clinical trial will be performed.

Turkish and Moroccan patients (18-65) who are referred to an outpatient clinic for mood and anxiety disorders will be randomly assigned to mental health workers who are trained in the intercultural module and to those who are not. Exclusion criteria: organic brain syndrome, psychotic disorder, bipolar disorder, severe personality disorder, substance abuse as the primary diagnosis.

Intervention: Therapists will be trained in the cultural interview and in techniques bridging the (cultural) gaps between them and their patients.

Dropout is the primary outcome measure.

The study will give an answer to the question whether increasing cultural competence of the therapists reduces drop-out from treatment.

## **Doe**

Increasing the intercultural competence of mental health workers will reduce therapy dropout in Moroccan and Turkish patients with depressive and anxiety disorders.

## **Onderzoeksopzet**

1. T0: baseline measurement;
2. T1: six months follow up;
3. T2: 12 months follow up.

## **Onderzoeksproduct en/of interventie**

The mental health workers will be trained in using the Cultural Formulation and in techniques bridging the cultural gaps between them and the Turkish and Moroccan patients.

## **Contactpersonen**

### **Publiek**

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### **Wetenschappelijk**

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## **Deelname eisen**

### **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

1. Moroccan and Turkish patients of the first and second generation referred for treatment at an outpatient clinic for mood and anxiety disorders;
2. Anxiety and/or depressive disorder;
3. Age 18 to 65.

### **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

1. Organic brain syndrom;
2. Psychotic disorder;
3. Bipolar disorder;
4. Severe personality disorder;
5. Substance abuse as the primary diagnose.

## **Onderzoeksopzet**

### **Opzet**

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Geneesmiddel

## Deelname

Nederland  
Status: Werving nog niet gestart  
(Verwachte) startdatum: 01-10-2009  
Aantal proefpersonen: 150  
Type: Verwachte startdatum

## 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
NTR-new	NL1875
NTR-old	NTR1989
Ander register	VU University Medical Centre : 09/106
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

N/A