Effect-evaluation of the intervention “Being active without Worries”.

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1. Can a larger percentage of Low SES women with depressive and/or stress related symptomatology be reached with an intervention when this contains an exercise component?
2. How effective is exercise only (B) compared to a control group (C) and...

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

Samenvatting

ID

NL-OMON20588

Bron
NTR

Verkorte titel
N/A

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Depressive and stress related symptomatology, as measured by the CES-D, perceived stress scale, daily hassles scale.
These measures will be administered two weeks before subjects start the course, 1 week after ending the course and next 6, 12 and 18 months after ending the course.

Toelichting onderzoek

Achtergrond van het onderzoek

Social economic characteristics explain for an important part mental health problems. Individuals with a depression have often experienced one or more stressful life events in the year preceding their depression. The meaning attributed to these stressful experiences is an important explanatory factor in the onset of depression. Women with low social economic status (LSES) in disadvantaged neighborhoods are often charged with multiple stressors (low education, low income, poor labor conditions, unemployment) and are a vulnerable group for the onset of mental health problems such as depression and stress.

Nationally, the “coping with depression” course has been developed in different versions for different target groups. However, research shows that the course is not easily accessible for LSES groups. There is considerably more drop- out amongst LSES participants, the course level and homework are considered to be too difficult, and the enrollment method using ads is less suitable. The course has been adapted to the target population by, amongst others, adding an exercise component. Exercise has a beneficial anti- depressant effect.

The goal of the project is to carry out an effect evaluation of the course “being active without worries”, in order to investigate if the course can prevent depressive and stress related symptomatology in LSES women.

Doel van het onderzoek

1. Can a larger percentage of Low SES women with depressive and/or stress related symptomatology be reached with an intervention when this contains an exercise component?
2. How effective is exercise only (B) compared to a control group (C) and does exercise plus psycho- education (BP) offer a surplus value above B?
3. How do LSES women appreciate this new intervention?

Onderzoeksproduct en/of interventie

1. B-condition, the eight- week intervention is offered with only the exercise component;
2. BP-condition, the eight- week intervention is offered with the exercise and psycho-education components;
3. A C-condition, a control condition with postponed intervention for 3 months.
(see also summary for explanation).

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

The research population consists of adult women (20-55 yrs) with a low- SES background. Furthermore, the women must have mild to moderate (sub clinical) depressive symptomatology as measured with the CES- D, or suffer from stress related complaints.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Because of the design of the intervention, participants are not allowed to have severe hearing problems or severe physical handicaps.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Blindering:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	30-08-2005
Aantal proefpersonen:	240
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	26-08-2005
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	NL162
NTR-old	NTR197
Ander register	: ZonMw 4016.0004
ISRCTN	ISRCTN42389025

Resultaten

Samenvatting resultaten
N/A