

Effectiveness of Happy@Work: A guided self-help internet-based intervention for employees with depressive symptoms.

Gepubliceerd: 19-07-2011 Laatste bijgewerkt: 13-12-2022

The self-help intervention Happy@Work will reduce symptoms of depression. The self-help intervention Happy@Work will be cost effective.

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

Samenvatting

ID

NL-OMON20723

Bron

Nationaal Trial Register

Aandoening

Depression
Burnout
depressie

Ondersteuning

Primaire sponsor: VU University Medical Center, Department of Clinical Psychology

Overige ondersteuning: EMGO+

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Depressive symptoms (CES-D).

Toelichting onderzoek

Achtergrond van het onderzoek

Unipolar depressive disorders are highly prevalent, have high incidence, and have considerable impact on quality of life in patients and their relatives. Moreover, depressive disorders are linked with increased mortality rates, high levels of service use and huge economic costs.

Prevention of depression is in the interests of businesses because they pay about 75% of the total economic costs of depression. These costs exist of absenteeism from work and loss of work productivity (presenteeism). We therefore developed a guided-self help internet-based intervention for employees with depressive symptoms.

Doel van het onderzoek

The self-help intervention Happy@Work will reduce symptoms of depression.

The self-help intervention Happy@Work will be cost effective.

Onderzoeksopzet

Baseline and at 8 weeks, 6 months and 12 months after baseline.

Onderzoeksproduct en/of interventie

Happy@Work:

An internet self-help intervention with guidance. The intervention is based on Problem Solving Therapy and Cognitive Behavioral Therapy. The intervention consists of 6 sessions and takes 6 weeks in total. Every session has a specific theme. During the course the respondents indicate what they think is important in their lives, they make a list of their "problems and worries" and they categorize their problems into three groups:

1. Unimportant (not related to what they think is important in their lives);
2. Important and solvable. These problems are solved by a systematic problem-solving approach consisting of 6 steps;
3. Important but unsolvable, for example having lost someone by death, having a chronic general medical disease. For these problems participants make a plan how to live with these problems.

One of the sessions specifically focuses on problems at work which are in relation to the depressive symptoms of the participant. Another session specifically concentrates on how to

change dysfunctional attitudes into more positive thoughts.

The participants are supported by a trained coach (a social worker), who gives feedback to the homework assignments of the participant via the website.

The control group is a care as usual group. The care as usual group does not receive any special treatment during this trial. Participants in this group are only advised to seek help for their problems, such as advising their occupational physician or a psychologist.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. 18 years or older;
2. Depressive symptoms (> 16 CES-D).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Labor dispute;

2. No internet access and email.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2011
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	19-07-2011
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	NL2850
NTR-old	NTR2993
Ander register	METC VUmc : 2011/2
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A