

Reducing suicidal thoughts: a web-based self-help intervention.

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This study aims at testing the effectiveness of a web-based self-help intervention for people with mild to moderate suicidal thoughts.

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

Samenvatting

ID

NL-OMON20852

Bron

NTR

Verkorte titel

N/A

Aandoening

suicidal thoughts
suicidal ideation
suicide
attempted suicide
self harm
gedachten aan zelfdoding
zelfdoding
poging tot zelfdoding
zelfbeschadiging

Ondersteuning

Primaire sponsor: Department of Clinical Psychology and the EMGO Institute for Health and Care Research, Faculty of Psychology and Education, VU University Amsterdam

Overige ondersteuning: Netherlands Organization for Health Research and Development (ZonMw)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The reduction in frequency and intensity of suicidal thoughts.

Toelichting onderzoek

Achtergrond van het onderzoek

Suicide, attempted suicide and suicidal thoughts are a major problem in Dutch society. Face-to-face treatments often consist of Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) or Problem Solving Treatment (PST). However, about 50% of the people who die by suicide are not in contact with mental health care services at that moment, and many have never been treated. Even when patients are being treated for depression or other emotional disorders, many do not disclose their suicidal thoughts to their care provider. This may be out of shame, due to fear of stigma or to not having faith in (mental) health care. Web-based self-help might be a promising new way to reach people with this serious mental health problem who would not be reached otherwise. In this study, a recently developed self-help intervention will be evaluated in a RCT.

The 260 participants will be recruited in the Netherlands.

Doel van het onderzoek

This study aims at testing the effectiveness of a web-based self-help intervention for people with mild to moderate suicidal thoughts.

Onderzoeksopzet

Measure are taken at three timepoints: pre- and post the intervention, and at follow-up after 3 months. At all timepoints, the following self-report questionnaires are administered:

1. Beck Suicidal Ideation Scale, self-report;
2. Beck Depression Inventory;
3. Beck Hopelessness Scale;

4. Hospital and Anxiety and Depression Scale (only the Anxiety subscale);
5. Penn State Worry Questionnaire;
6. EuroQol;
7. Trimbos/iMTA questionnaire for Costs associated with Psychiatric Illness;
8. Loneliness Scale.

Onderzoeksproduct en/of interventie

The self-help intervention is based on CBT and consists of 6 lessons. By means of exercises participants learn to gain control over, and reduce, their suicidal thoughts. Besides this, attention is given to emotion regulation, future perspectives and self-esteem.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. 18 years and over;
2. Mild to moderate suicidal thoughts.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. No suicidal thoughts;
2. Severe suicidal thoughts;
3. Severe depression.

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-04-2009
Aantal proefpersonen:	260
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum: 26-02-2009

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	NL1607
NTR-old	NTR1689
Ander register	ZonMW : 12051.0003
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten

N/A