

Effect study of school-based sleep intervention for autistic adolescents

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The school-based sleep intervention is effective in improving self-reported sleep quality.

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

Samenvatting

ID

NL-OMON20865

Bron

NTR

Verkorte titel

TBA

Aandoening

Autism Spectrum Disorder (ASD)

Ondersteuning

Primaire sponsor: N/A

Overige ondersteuning: The Taskforce for Applied Research SIA [RAAK.PRO 02.150]

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

This study has two primary outcome variables: sleep quality (mean of questions about how well they slept, their feeling of being rested when waking up and difficulties with waking up) and daytime functioning as reported by adolescents (sum of scores on mood, concentration, daytime sleepiness). These variables are measured by self-reports and rated from 1 to 10

(see also).

Toelichting onderzoek

Achtergrond van het onderzoek

In this study the effectiveness of the, previously developed, school-based sleep intervention is investigated by means of a multiple baseline design. The sleep intervention consists of three parts: 1) monitoring the adolescents' sleep and daytime functioning, 2) holding a sleep consultation with a teacher based on the monitoring, and 3) executing the sleep recommendations.

Doel van het onderzoek

The school-based sleep intervention is effective in improving self-reported sleep quality.

Onderzoeksopzet

1. Baseline (2 to 3 weeks)
2. During intervention (every 3 weeks for 1 week)
3. Follow-up (8 weeks after the intervention for 1 week)

Onderzoeksproduct en/of interventie

The school-based personalized sleep intervention is provided by teachers and consists of three parts: 1) monitoring the adolescents' sleep and daytime functioning, 2) holding a sleep consultation with a teacher based on the monitoring, and 3) executing the sleep recommendations. The intervention follows a modular approach to allow teachers to focus on the specific sleep problem of each adolescent.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

(a) follow education at one of the participating schools, (b) diagnosed with an autism spectrum disorder by a psychiatrist or psychologist, based on DSM-IV or DSM-5 criteria, (c) presence of sleep problems, reported by the pupil based on the total score (> 7 ; which means sub-threshold insomnia) on the Insomnia Severity Index, (d) medication free or at a stable dose during participation in the study, (e) have access to a smartphone, pc, or tablet, and (f) have an own e-mail address.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

(a) intellectual disability, (b) indications of or diagnosed depression, anxiety disorder, substance dependence or game addiction, (c) disturbed parent-child relationship that can hinder the intervention, and (d) indications that pupil (and parent) will have difficulties to perform the requested activities.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status: Werving nog niet gestart

(Verwachte) startdatum: 13-09-2021

Aantal proefpersonen: 20

Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

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
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NTR-new	NL9685
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Ander register	Ethics Review Board of the Faculty of Social and Behavioral Sciences of the University of Amsterdam : 2021-EXT-13604
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Resultaten