

Onderzoek naar drie online zelfhulptrainingen voor slapen, stress en piekeren als aanpak van depressiepreventie.

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1. Subjects who participate in the self-help intervention for sleep will experience a reduction in sleeping problems. 2. Subjects who participate in the self-help intervention for stress will experience a reduction in stress. 3. Subjects who...

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

Samenvatting

ID

NL-OMON22160

Bron

NTR

Aandoening

Sleep, stress, worry, depression, anxiety, well-being.

Ondersteuning

Primaire sponsor: Trimbos Institute (Netherlands Institute of Mental Health and Addiction).

Overige ondersteuning: This research is funded by the Ministry of Health, Welfare and Sport.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome is:

- Depression (Inventory of Depressive Symptomatology, time points: baseline, 3 months, 6 months)

Toelichting onderzoek

Achtergrond van het onderzoek

The primary aim of this study is to determine the effectiveness of three online self-help interventions aimed at respectively sleep, stress and worry, in terms of 1) decreases in sleep, stress and worry, 2) decreases in depressive and anxiety symptoms, and 3) increases in well-being. A secondary aim is to identify subgroups which benefit most from the interventions (e.g. males or females). Furthermore, an economic evaluation will be conducted to examine the cost-effectiveness of the three self-help interventions.

The design of the study is a randomised controlled trial with one experimental condition and one waitlist control condition. The study population consists of adults (18 years and older) who experience sleeping problems, stress or worrying and have mild to moderate depression levels. Assessments take place at baseline, 3 months after baseline and 6 months after baseline.

Doel van het onderzoek

1. Subjects who participate in the self-help intervention for sleep will experience a reduction in sleeping problems.
2. Subjects who participate in the self-help intervention for stress will experience a reduction in stress.
3. Subjects who participate in the self-help intervention for worry will experience a reduction in worrying.
4. Subjects who participate in any of the three self-help interventions will experience a decrease in depressive symptoms.
5. Subjects who participate in any of the three self-help interventions will experience a decrease in anxiety symptoms.
6. Subjects who participate in any of the three self-help interventions will experience an increase in well-being.

Onderzoeksopzet

1. At baseline

2. Three months after baseline

3. Six months after baseline

Onderzoeksproduct en/of interventie

Participants are randomised into:

1. Experimental condition

2. Waitlist control condition (with full access to usual care)

Participants in the experimental condition have direct access to the online self-help intervention of their choice (better sleep, less stress or less worry), whereas participants in the control condition gain access to the intervention of their choice after 3 months.

Participants are offered three online self-help-interventions aimed at sleep, stress and worry. For the purposes of the study, subjects can only participate in one of the three interventions.

The theoretical expectation is that a reduction in sleeping problems, stress or worrying will reduce the risk of developing a depressive disorder.

Participants can follow the intervention independently from their homes, on a computer, tablet or iPad. Each intervention consists of information (psycho-education) and exercises. The method is based on principles from cognitive behavioral therapy, mindfulness and positive psychology.

'Sleep better' (in Dutch: 'Beter slapen') is aimed at people who experience difficulties with sleeping, such as sleeping too often, waking up too early or difficulty falling asleep. Participants learn how to manage factors which negatively influence their sleep, as well as how they can positively influence their sleep as to prevent or reduce insomnia. This intervention consists of 19 exercises divided over 4 themes:

- Sleeping habits: 5 exercises to gain insight into sleeping habits
- Relaxation: 5 exercises to learn how to relax

- Less worrying: 5 exercises to reduce worrying
- Thinking differently (about sleep): 5 exercises to learn recognizing unhelpful thoughts and transforming these into helpful thoughts

'Less stress' (in Dutch: 'Minder stress') is aimed at people who experience excessive levels of stress. This intervention consists of 15 exercises divided over 3 themes:

- Thinking differently: 5 exercises to learn recognizing unhelpful thoughts and transforming these into helpful thoughts
- Relaxation: 5 exercises to learn how to relax
- Recharge your energy: 6 exercises to recharge your energy

'Less worry' (in Dutch: 'Minder piekeren') is aimed at individuals who worry frequently or excessively. This intervention consists of 18 exercises divided over 4 themes:

- Positive thinking: 4 exercises to learn how to think more positively
- Relaxation: 5 exercises to learn how to relax
- Less worrying: 5 exercises to reduce worrying
- Thinking differently: 5 exercises to learn recognizing unhelpful thoughts and transforming these into helpful thoughts

Duration of the intervention:

Each participant decides for oneself how frequently one uses the intervention and which exercises one does and which not. Nonetheless, participants are recommended to spend 2 to 3 hours per week over a period of at least 4 weeks. Each participant has one year long access to the chosen intervention.

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 older;
2. experiences problems with sleep, stress or worry (subjective experience);
3. experiences mild to moderate depressive symptoms as determined with the Inventory of Depressive Symptomatology (IDS-SR, score 14-38);
4. has access to a computer with a solid Internet connection (the intervention and the questionnaires are offered online);
5. has an e-mail address;
6. has sufficient computer skills;
7. has sufficient Dutch language skills.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. experiences severe depressive symptoms as determined with the IDS-SR (score > 38);
2. has suicidal thoughts and/or plans as measured with item 18 from the IDS-SR;
3. experiences no depressive symptoms as determined with the IDS-SR (score < 14).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	09-06-2014
Aantal proefpersonen:	292
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies	
Datum:	27-05-2014
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	NL4479
NTR-old	NTR4612
Ander register	Medical Research Ethics Committee (METC) of the University Medical Center Utrecht : 14-119/D

Resultaten

Samenvatting resultaten

The researchers will publish about the effectiveness as well as the cost-effectiveness of the online self-help interventions for sleep, stress and worry.