

Acceptance and Commitment Therapy as a self-help intervention.

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The main hypothesis is that a preventive self-help intervention based on ACT for adults with mild to moderate distress leads to a decrease in psychological distress (depression and anxiety), fatigue and an increase in psychological flexibility and...

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

Samenvatting

ID

NL-OMON22276

Bron

NTR

Verkorte titel

ACT

Aandoening

Anxiety, depression

Ondersteuning

Primaire sponsor: Universiteit Twente

Overige ondersteuning: Fond Psychische Gezondheid

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Decreased psychological distress (depression measured with the CES-D and anxiety measured with the HADS-A).

Toelichting onderzoek

Achtergrond van het onderzoek

This study will evaluate a self-help book based on Acceptance and Commitment Therapy for adults with mild to moderate depression or anxiety. The participants will get email counseling. The effects on depression, anxiety and mental health will be examined in a randomized controlled trial.

Doel van het onderzoek

The main hypothesis is that a preventive self-help intervention based on ACT for adults with mild to moderate distress leads to a decrease in psychological distress (depression and anxiety), fatigue and an increase in psychological flexibility and mental health, compared with a wait list group.

Onderzoeksopzet

Experimental condition: The participants will be asked to complete measurements at baseline (T0), three weeks and six weeks after starting with the intervention (T1, T2), directly after the intervention (9 weeks) (T3) and three months after the intervention (T4).

Control condition: The participants will be asked to complete measurements at baseline (T0), directly after the intervention (9 weeks) (T3) and three months after the intervention (T4).

Onderzoeksproduct en/of interventie

1. Experimental condition: The self-help intervention “Living to the fullest” with process monitoring by a counselor with e-mail contact.

The intervention is a self-help book that consist of 9 modules. The intervention is based on six core processes of ACT for creating more psychological flexibility and is based on mindfulness exercises;

2. Experimental condition: The self-help intervention with process monitoring and personal support by a counselor with e-mail contact;

3. Control condition: A waitlist group, the participants receive the self-help intervention after three months.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

People of 18 years and older with mild to moderate psychological distress (anxiety, depression), fatigue and/or with low mental health.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Serious psychopathology requiring immediate treatment;

2. Recently started on pharmacological treatment;
3. Currently undergoing treatment at a mental health institution;
4. Reporting no psychological complaints (a score of 9 or below on the CES-D or a score of 2 or below on the HADS-A);
5. Not enough time for following the self-help intervention;
6. Poor control of the Dutch language (reading or learning difficulties);
7. Not having an e-mail address.

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	03-03-2009
Aantal proefpersonen:	180
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	31-08-2009
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	NL1871
NTR-old	NTR1985
Ander register	Fonds Psychische Gezondheid / METIGG : 20086339 / NL28042.097.09
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A