ENgage YOung people earlY (ENYOY): eHeadspace GN in the Netherlands.

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Our hypothesis is that the project will attain similar results of improvement among young people in psychological distress and psychosocial functioning with the eHeadspace GN website in the Netherlands.

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

Samenvatting

ID

NL-OMON22569

Bron
Nationaal Trial Register

Verkorte titel
ENYOY

Aandoening

stages 1a: Help-seeking individuals with mild mental health symptoms and mild functional impairment and stage 1b: People with attenuated mental health syndromes with partial specificity, often with mixed or ambiguous symptoms and moderate functional impairment

Ondersteuning

Primaire sponsor: ZonMw
Overige ondersteuning: ZonMw

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

-Psychological Distress assessed with the Kessler Psychological Distress Scale (K10, Kessler et al, 2002)
-Social and Occupational Functioning Assessment Scale (SOFAS, Goldman et al, 1992)

Toelichting onderzoek

Achtergrond van het onderzoek

Background: The onset of mental disorders typically occurs between the ages of 12 and 25, and the burden of mental health problems is greatest for this group. Indicated prevention interventions to target individuals with subclinical symptoms to prevent the transition to clinical levels of disorders have shown to be effective. However, the threshold to seek help appears to be high even when help is needed. Online interventions could offer a solution, especially during the Covid-19 pandemic. This implementation study will research the online indicated prevention intervention ENgage Young peOple Early (ENYOY), the Dutch version of the original eHeadspace GN from Australia, for youth (12-25 years) experiencing the early stages of mental health complaints. In addition, the relationship between stress biomarkers, symptoms and outcome measures of youth using the website is also object of this study.
Methods: The eHeadspace GN website will be adapted, translated and developed for the situation in the Netherlands together with a Youth Panel. A prospective cohort of 125 young people (12-25 years) with beginning mental health complaints will be on the platform and followed for a year, of which those who are interested will have an additional smart-watch and 10 participants will be asked to provide feedback about their experiences on the platform. Data will be collected at baseline and after 3, 6 and 12 months. Outcome measures are Psychological Distress assessed with the Kessler Psychological Distress Scale (K10), Social and Occupational Functioning Assessment Scale (SOFAS), positive mental health indicators measured by the positive health instrument, stress biomarkers with a smart-watch, website journeys of visitors, and feedback of youth on the platform. It will be a mixed study design, containing qualitative and quantitative measures.
Discussion: Considering the waiting lists in (Child and adolescent)psychiatry and the increase in suicides among youths, early low-threshold and non-stigmatizing help for young people with emerging psychiatric symptoms is of crucial importance. The current project could make a contribution.

Doel van het onderzoek

Our hypothesis is that the project will attain similar results of improvement among young people in psychological distress and psychosocial functioning with the eHeadspace GN website in the Netherlands.

Onderzoeksopzet

Data will be collected at baseline and after 3, 6 and 12 months

Onderzoeksproduct en/of interventie

i) peer-to-peer on-line social networking;
ii) individually tailored interactive psychosocial interventions;
iii) involvement of expert mental health and peer moderators to ensure the safety of the intervention and to directly support participants with moderation and eventual with chats.

Contactpersonen

Publiek

Amsterdam UMC
Marilon van Doorn

0617630948

Wetenschappelijk

Amsterdam UMC
Marilon van Doorn

0617630948

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

-Age 12-25
-Help-seeking for mental health concerns in stages 1a or 1b
-Being able and willing to consent

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Mental disorder in clinical stages 2-4
- Acute risk of self-harm requiring urgent intervention (i.e., suicidal ideation with a current plan and intent to enact this plan)

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-01-2018
Aantal proefpersonen:	125
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Toelichting
N/A

Ethische beoordeling

Positief advies

Datum:	13-10-2020
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 46226
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8966
CCMO	NL66345.018.18
OMON	NL-OMON46226

Resultaten

Samenvatting resultaten
N/A