

Online training to reduce anxiety and depressive symptoms

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The aim of the current study is to test whether online training of a positive attentional bias and/or working memory capacity can reduce anxiety and/or depressive symptoms in adults with heightened emotional symptoms.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aanpak	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON23135

Bron

Nationaal Trial Register

Aandoening

anxiety, depression, working memory, information processing, attentional bias, online training

Dutch:

Angst, depressie, werkgeheugen, informatieverwerking, aandachtsbias, online training

Ondersteuning

Primaire sponsor: University of Amsterdam

Overige ondersteuning: Dutch National Science Foundation, N.W.O.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

For anxiety part:

- State-Trait Anxiety Inventory (STAI, trait version)

- For depression part:

- Beck Depression Inventory (BDI)

Toelichting onderzoek

Achtergrond van het onderzoek

In this study, we test an online training program designed to reduce anxiety and depression symptoms in symptomatic adults. Participants are recruited online and randomly assigned to one of 4 training conditions (2 (experimental) x 2 (placebo) factorial design). Training focuses on attentional bias and cognitive control (working memory).

Anxiety and depressive symptoms and secondary outcome measures are assessed at pre-, half-way- and post-training and 1, 2 and 3 months follow-up.

Doel van het onderzoek

The aim of the current study is to test whether online training of a positive attentional bias and/or working memory capacity can reduce anxiety and/or depressive symptoms in adults with heightened emotional symptoms.

Onderzoeksopzet

Pre-training

Half-way training (after 6 sessions)

Post-training

Follow-up 1: 1 month

Follow-up 2: 2 months

Follow-up 3: 3 months

Onderzoeksproduct en/of interventie

Participants complete 11 30-minute sessions of online computer training (during +/- 4 weeks). Each session consists of 2 types of training:

1. Attention bias training: visual search task (VST);
2. Working memory training: emotional block-tapping task (ECT)

Participants are randomized over 4 groups, with a factorial design:

1 VST real + ECT real

2 VST real + ECT placebo

3 VST placebo + ECT real

4 VST placebo + ECT placebo

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

> 18 years old

Interest in reducing anxious or depressive symptoms. Participants can choose the depression or anxiety part based on their major complaints. The training programme is identical for both,

but assessments differ somewhat.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None.

However, participants are screened using the State-Trait Anxiety Inventory (STAI, trait version) for anxiety or the Beck Depression Inventory (BDI) for depression.

For scores below 14 (BDI) or 40 (ZBV) they receive feedback that it's not necessary to participate in training, but that they are free to continue.

For scores above 29 (BDI) or 46 (ZBV) they are advised to contact their doctor to seek professional help, but are still free to participate.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Placebo

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-06-2013
Aantal proefpersonen:	400
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	21-05-2014

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	NL4525
NTR-old	NTR4660
Ander register	METC Psychology department UvA : 2013-OP-3023

Resultaten

Samenvatting resultaten

N/A