

ACT your way: A transdiagnostic treatment approach for multiple disorders in transitional-age youth

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

Samenvatting

ID

NL-OMON23521

Bron

NTR

Verkorte titel

ACT your way

Aandoening

Various psychological problems

Ondersteuning

Primaire sponsor: Universiteit Utrecht

Overige ondersteuning: ZonMW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The two main primary outcome measures are psychological flexibility (measured with the AFQ-Y) and the number of diagnoses (measured with the SCID-5-Junior, a semi-structured diagnostic interview).

Toelichting onderzoek

Achtergrond van het onderzoek

The developmental period of late adolescence to early adulthood is a period characterized by significant variability and change. Due to these significant changes, transitional-age youths (i.e., youths aged 15 to 25; TAY) are at great risk of developing psychological problems. Despite the evidence that the prevalence of psychological disorders among TAY is high, TAY are much less likely to receive treatment for their psychological problems compared to other age groups (e.g., adolescents or adults). In addition, there are few interventions specifically developed for this specific age group. Nowadays, TAY are often treated with interventions developed for either adolescents or adults. These interventions often do not meet TAY's needs and are therefore not developmentally sensitive. Moreover, most of these interventions mainly focus on reducing symptoms of one specific disorder, instead of targeting transdiagnostic mechanisms underlying symptoms of multiple disorders. By doing so, these interventions are less suitable for TAY with comorbid, chronic or recurrent psychological problems. Hence, we propose ACT your way, a transdiagnostic treatment specially developed for TAY. Due to its strong focus on identity and autonomy development, the intervention fits well with the developmental needs of this age group. ACT your way is based on the principles of Acceptance and Commitment Therapy (ACT). The main purpose of ACT is to promote psychological flexibility, a transdiagnostic mechanism which can be defined as an individual's acceptance of negative feelings, thoughts and physical sensations and the ability to choose an adaptive (and more effective) response. Meta-analyses including adults show that ACT is an effective treatment for individuals with depression, anxiety and other types of psychopathology. In addition, a pilot study that has been conducted in TAY with recurrent or chronic depression shows promising effects.

Considering this, the goal of the current study is to examine the (cost-)effectiveness of ACT your way, by comparing ACT your way with treatment as usual (TAU) in TAY (aged 15 to 25) with various psychopathology (including chronic, comorbid and recurrent diagnoses). We expect ACT your way to be more effective and cost-effective compared to TAU. In addition, we will examine several moderators and mediators to study for whom the intervention is effective and how the intervention works.

Doel van het onderzoek

We expect that ACT your way is more (cost-)effective than TAU and shows more improvements related to (1) psychological flexibility, (2) psychopathology, (3) quality of life, (4) global functioning, (5) individual and societal functioning, (6) emotion regulation, (7) personality problems, (8) autonomy, (9) stress, (10) perfectionism, (11) self-esteem and (12)

self-compassion at the short term (immediately after treatment) but also at the long term (after 6 months). Furthermore, we expect better (13) treatment alliance, (14) less drop-out and (15) more treatment satisfaction of the adolescent/young adult since ACT your way is more attuned to their needs.

Onderzoeksopzet

Six multiple informant (adolescent/young adult, parent, therapist) assessments will be conducted: prior to treatment (pre-treatment), after 3 sessions (mediator 1), after 6 sessions (mediator 2), after 9 sessions (mediator 3), immediately after treatment (post-treatment) and 6 months after treatment (6-month follow-up).

Onderzoeksproduct en/of interventie

ACT your way is an intervention based on Acceptance and Commitment Therapy (ACT), that is not directed primarily at symptom reduction but at changing the underlying mechanism of psychopathology, namely psychological inflexibility. ACT you way consists of twelve weekly sessions.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. A primary diagnoses of any disorder (e.g., anxiety disorder, OCD, trauma, depressive disorder, dysthymic disorder, ODD, CD or any combination of these)
2. Aged 15 to 25 years
3. Referred to one of the participating mental health institutions.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Insufficient knowledge of the Dutch language
2. Acute suicide risk
3. Drug abuse
4. Absence of adolescents'/young adults' or parental permission (for subjects below the age of 16)
5. Estimated IQ below 80
6. Unstable medication (i.e. the medication should be set before the start of the intervention and should remain stable)

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-01-2022
Aantal proefpersonen:	134
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

ID: 55941

Bron: ToetsingOnline

Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL9642
CCMO	NL78679.041.21
OMON	NL-OMON55941

Resultaten