

Resilience and positive mental health in Suriname

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

Samenvatting

ID

NL-OMON23573

Bron

NTR

Verkorte titel

SMWRP

Aandoening

resilience, positive mental health, work engagement, healthy employees in Paramaribo, Suriname

veerkracht, positieve mentale gezondheid, bevoegdheid onder gezonde werknemers in Paramaribo, Suriname

Ondersteuning

Primaire sponsor: Twente University

University of Amsterdam

Anton de Kom University of Suriname

Overige ondersteuning: This trial is funded the University of Amsterdam, as part of an external PhD program of the main author and the following participating companies in Suriname: Multi Electronic System N.V., Surinaamse Postspaarbank N.V. and the InterMed Group.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome measure for this study is resilience. It will be assessed by means of the Resilience Scale for Adults (RSA).

Toelichting onderzoek

Achtergrond van het onderzoek

Background: Resilience is the capacity to deal with adversity and traumatic events. Research on the effects of resilience training in the workplace is limited and there is no research available from studies in non-Western countries.

Objectives: To evaluate the efficacy of a cultural adapted multi-component positive psychology program on resilience, positive mental health, anxiety, depression, stress, work engagement, psychological flexibility and financial distress.

Method/Design: A randomized trial will be conducted among employees in Paramaribo, Suriname. Employees will be divided into an intervention group and a waiting list control group. The intervention group will undergo a culturally sensitive resiliency training program consisting of six modules.

Results: The primary outcome will be resilience. Secondary outcomes are positive mental health, depression, anxiety, stress, work engagement, psychological flexibility and financial distress.

Discussion: This study will be the first randomized trial to measure the effects of a resilience training program in non-Western organizations. The program aims at enhancing the skills of employees in Suriname for better coping with the adversities they encounter in their daily lives during an economic crisis.

Doel van het onderzoek

The hypothesis is that a cultural sensitive resilience program significantly increases resilience, positive mental health, work engagement and decrease depression, anxiety, stress and financial distress in the intervention group compared to a wait-list control group

Onderzoeksopzet

T1: baseline assessment

T2: post test assessment at 6 weeks

T3: follow-up assessment at 24 weeks

Onderzoeksproduct en/of interventie

A cultural sensitive multi component positive psychology program aimed at increasing resilience. Program consists of 6 weekly 2 hour sessions.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- i) participants belong to the age range: 18-60 years;
- ii) participants have at least finished secondary school (MULO);
- iii) participants have sufficient knowledge of the Dutch language to fill out the questionnaires and read the provided manual;
- iv) participants have a full-time employment;
- v) participant are willing to follow a 6 week program that consist of one weekly two hour training session, and addition recommended homework exercises during the intervention period;
- vi) participants give permission to participate in a research study through a signed informed consent form.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

employees with a history of medical or psychological problems

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	15-03-2017
Aantal proefpersonen:	154
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	21-12-2016
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	NL6026
NTR-old	NTR6157
Ander register	MEC TU Twente : BCE16487

Resultaten

Samenvatting resultaten

1. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T.,

Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Resilience and Positive Mental Health in the Workplace: a study protocol. (2017).

2. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Resilience in the Workplace: a positive psychology intervention to increase resilience and positive mental health among workers in Suriname.

3. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Psychological flexibility as a mediator in the development of positive mental health

4. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Cultural adaptation of the Strong Minds Work Resilience program.

5. Hendriks, T., Cramer, H, Schotanus-Dijkstra, M., Sardjo, W., Hassankhan, A., Graafsma, T., Walburg, J., de Jong, J. & Bohlmeijer, E.(2017). Cultural adaptation of the Strong Minds Work Resilience program