

Evaluation of the online course The stories we live by.

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Both intervention groups, 'the stories we live by + counselor' and 'the stories we live by + peer contact', are superior to the control group in terms of clinical outcomes (reduction of depressive symptoms and improvement of positive mental health).

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

Samenvatting

ID

NL-OMON24004

Bron

Nationaal Trial Register

Verkorte titel

Online course The stories we live by

Aandoening

integrative reminiscence, guided online self-help, depression, mental health

integratieve reminiscentie, begeleide online zelfhulp, depressie, geestelijke gezondheid

Ondersteuning

Primaire sponsor: Prof. dr. E.T. Bohlmeijer

University of Twente

Department Psychology, Health & Technology

Drienerlolaan 5

7522 NB Enschede

e.t.bohlmeijer@utwente.nl

Overige ondersteuning: fund = initiator = sponsor

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome measure is reduction of depressive symptoms, measured with the CES-D.

Toelichting onderzoek

Achtergrond van het onderzoek

The University of Twente has developed an online preventive self-help course 'The stories we live by Online', with additional e-mail guidance of a counselor (The stories we live by + counselor) or online with peer contact (The stories we live by + peer contact). The course can be followed by participants at home in their own time. This study investigates the effects of the two variants of the course on depressive symptoms and well-being, compared with a waiting list control group, through a randomized controlled trial.

Doel van het onderzoek

Both intervention groups, 'the stories we live by + counselor' and 'the stories we live by + peer contact', are superior to the control group in terms of clinical outcomes (reduction of depressive symptoms and improvement of positive mental health).

Onderzoeksopzet

Outcomes are measured at baseline and 3, 6 and 12 months after baseline.

Onderzoeksproduct en/of interventie

The online self-help course is based on the self-help book "The stories we live by," and makes use of integrative reminiscence (life review). The intervention consists of six modules over 12 weeks.

The experimental group The stories we live by + counselor receive 2-weekly feedback and support from the counselor via e-mail.

Participants in the experimental group The stories we live by + peer contact individually follow the course, but react on each other 2-weekly. A peer group consists of 4 participants.

The control group will be on a waiting list.

Contactpersonen

Publiek

University of Twente

Department Psychology, Health & Technology

Drienerlolaan 5
M.G. Postel
Enschede 7522 NB
The Netherlands
+31 (0)53 4893917

Wetenschappelijk

University of Twente

Department Psychology, Health & Technology

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Enschede 7522 NB
The Netherlands
+31 (0)53 4893917

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age 40 years and over;
2. The presence of mild to moderate depressive complaints (CES-D score ≥ 10).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. The presence of severe depressive complaints according to the M.I.N.I.;
2. A moderate or high risk of suicidality according to the M.I.N.I.;

3. Recently started with medication therapy for somberheids complaints (3 months ago);
4. Receiving an ongoing psychological (self-help) treatment for depressive complaints;
5. Not enough time to follow the course well;
6. Poor mastery of the Dutch language (read or learning difficulties);
7. No email address or no access to the internet.

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-10-2012
Aantal proefpersonen:	186
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	20-07-2012
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	NL3394
NTR-old	NTR3536
Ander register	: 41224.OVKonline
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A