

Moodbuster Lite

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Following Moodbuster Lite with guidance provided by a virtual coach or personalised automated motivational support messages leads to higher adherence rates than following Moodbuster Lite unguided.

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

Samenvatting

ID

NL-OMON24187

Bron

Nationaal Trial Register

Verkorte titel

TBA

Aandoening

Low mood

Ondersteuning

Primaire sponsor: Vrije Universiteit Amsterdam, Department of Clinical-, Neuro-, and Developmental Psychology

Overige ondersteuning: eMen, Interreg

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Adherence

Toelichting onderzoek

Achtergrond van het onderzoek

Internet-based cognitive-behavioral therapy (iCBT) is more effective when it is guided by human support than when it is unguided. This may be attributable to higher adherence rates that result from a positive effect of the accompanying support on motivation and on engagement with the intervention. This study aims to start bridging the gap between guided and unguided interventions. It will test an intervention that includes automated support delivered by an embodied conversational agent (ECA) in the form of a virtual coach or personalised automated motivational support messages. It will employ a pilot two-armed randomized controlled trial design. The primary outcomes of the trial will be (1) the effectiveness of iCBT, as supported by a virtual coach or personalised automated motivational support messages, in terms of improved intervention adherence in comparison with unguided iCBT; and (2) the feasibility of a future, larger-scale trial in terms of recruitment, acceptability, and sample size calculation. Secondary aims will be to assess the effect of the virtual coach and the personalised automated motivational support messages on motivation, users' perceptions of the virtual coach, and the general feasibility of the intervention as supported by a virtual coach or personalised automated motivational support messages. We will recruit $N = 105$ participants from the general population who wish to learn how they can improve their mood by using Moodbuster Lite, a 4-week cognitive-behavioral therapy course. Candidates with symptoms of moderate to severe depression will be excluded from study participation. Included participants will be randomized in a 1:1:1 ratio to either (1) Moodbuster Lite with automated support delivered by a virtual coach, or (2) Moodbuster Lite with personalised automated motivational support messages or (3) Moodbuster Lite without automated support. Assessments will be taken at baseline and post-study four weeks later.

Doel van het onderzoek

Following Moodbuster Lite with guidance provided by a virtual coach or personalised automated motivational support messages leads to higher adherence rates than following Moodbuster Lite unguided.

Onderzoeksopzet

Baseline (T1), Post-study (T2)

Onderzoeksproduct en/of interventie

(1) Moodbuster Lite with guidance by a virtual coach; (2) Moodbuster Lite with personalised automated motivational support messages; (3) Moodbuster Lite without guidance

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

18 years or older, comprehension of Dutch language, having expressed desire to improve mood, smartphone and computer with internet

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

moderate to severe depression, having thought of suicide or hurting oneself several times during the past 2 weeks

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel

Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-05-2021
Aantal proefpersonen:	105
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

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL8110
Ander register	METc VUmc : 2019.388

Resultaten