

Evaluation of a universal school-based depression prevention program for adolescents.

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The (long term) effectiveness of a school-based universal depression prevention program ("Op Volle Kracht") will be tested in a Dutch sample of adolescents (aged 12-14 years). It is expected that adolescents who receive the intervention will show...

Ethische beoordeling	Niet van toepassing
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24567

Bron
NTR

Aandoening

Adolescents (adolescenten), depression (depressie), prevention (preventie), positive development (positieve ontwikkeling).

Ondersteuning

Primaire sponsor: Radboud University Nijmegen, Trimbos-institute - Netherlands Institute of Mental Health and Addiction

Overige ondersteuning: ZON-MW, The Netherlands Organization for Health Research and Development.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Depressive symptoms.

Toelichting onderzoek

Achtergrond van het onderzoek

In this randomized controlled trial (RCT, with 2 conditions, intervention and control group) the effectiveness of a universal depression prevention program for adolescents (12-14 years of age) will be tested. Adolescents in the experimental group receive the program consisting of 16 lessons of 50 minutes incorporated in the school curriculum. Measurement of primary and secondary outcomes will be conducted in the intervention and control group at baseline, immediately after the intervention, and subsequently at 6, 12, 18 and 24 months after the intervention.

Doel van het onderzoek

The (long term) effectiveness of a school-based universal depression prevention program ("Op Volle Kracht") will be tested in a Dutch sample of adolescents (aged 12-14 years). It is expected that adolescents who receive the intervention will show lower levels of depressive symptoms during the 2 years following the intervention, compared to the control group. Moreover, adolescents in the experimental group are hypothesized to show increases in positive outcomes as well (secondary outcomes) during the 2 years after the intervention, compared to adolescents in the control group.

Onderzoeksopzet

1. 0 (start);
2. Immediately after intervention;
3. 6 months after end of intervention;
4. 12 months after end of intervention;
5. 18 months after end of intervention;
6. 24 months after end of intervention (end).

Onderzoeksproduct en/of interventie

Participating schools will be allocated at random to the intervention or control condition, stratified by educational level. Therefore, all adolescents in one school are in the same condition. In the intervention condition, classrooms will be split. All groups receive the program which consists of 16 lessons of 50 minutes and will be integrated in the school

curriculum from February until June 2011. The program will be delivered by trained psychologists with a MSc degree. Adolescents in the control condition receive no intervention.

Contactpersonen

Publiek

Radboud Universiteit Nijmegen

Montessorilaan 3
Y.R. Tak
Nijmegen 6525 HR
The Netherlands
+31 (0)24 3612638

Wetenschappelijk

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The Netherlands
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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Adolescents in 8th grade, middle school (ages 12-14);
2. Middle school grade 8 (VMBO-t, HAVO, VWO, Gymnasium);
3. Informed consent.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Parents (on behalf of their child) do not allow their child to participate in the study.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-01-2011
Aantal proefpersonen:	1382
Type:	Werkelijke startdatum

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	NL2741
NTR-old	NTR2879
Ander register	ZonMw : 50-51510-98-007
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

Tak, Y. R., Van Zundert, R. M. P., Kuijpers, R. C. W. M., Van Vlokhoven, B. S., Rensink, H. F. W., & Engels, R. C. M. E. (2012). A randomized controlled trial testing the effectiveness of a universal school-based depression prevention program 'Op Volle Kracht' in the Netherlands. *Bmc Public Health*, 12. doi:10.1186/1471-2458-12-21