

Doelbewust diabetes.

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It is expected that the intervention will increase participants' proactive coping skills, which will in turn lead to improved self-care behavior and medical outcomes.

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

Samenvatting

ID

NL-OMON25321

Bron

NTR

Verkorte titel

Beyond Expectations

Aandoening

type 2 diabetes

Ondersteuning

Primaire sponsor: Linschoten Institute for Psychology
Faculty of Social Sciences, Utrecht University, The Netherlands
P.O.Box 80.140
3508 TC Utrecht

Overige ondersteuning: The Netherlands Organisation for Health Research and Development (ZonMw)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Self-management behaviors as assessed through questionnaires (diet, exercise, lifestyle)

adherence, medication adherence), corroborated by medical outcomes that will be assessed through blood samples (Hba1c, blood glucose levels).

Toelichting onderzoek

Achtergrond van het onderzoek

The study aims to test the effectiveness of a behavioral intervention program targeting proactive coping skills in type 2 diabetes patients. The program comprises one individual session and 4 group sessions over a period of 2 months. Using a practical 5-step plan, participants are taught to set concrete goals, recognize conditions and barriers to goal achievement, identify potential difficult situations, formulate necessary actions, and consider how to evaluate their progress. It is expected that the intervention will increase participants' proactive coping skills, which will in turn lead to improved self-care behavior and medical outcomes.

Doel van het onderzoek

It is expected that the intervention will increase participants' proactive coping skills, which will in turn lead to improved self-care behavior and medical outcomes.

Onderzoeksopzet

T0 (week 0): Baseline, before intervention;

T1 (week 6): After basis intervention;

T2 (week 36): After booster sessions;

T3 (week 62): 6 month follow-up.

Onderzoeksproduct en/of interventie

All participants are included in a behavioral intervention program targeting proactive coping skills (Beyond Good Intentions). The program comprises one individual session and 4 group sessions over a period of 2 months. Using a practical 5-step plan, participants are taught to set concrete goals, recognize conditions and barriers to goal achievement, identify potential difficult situations, formulate necessary actions, and consider how to evaluate their progress.

After the basis intervention, two different booster session programs are delivered. Participants are randomly assigned to a follow-up program that continues to target small concrete goals, or a follow-up program in which the focus is on large abstract goals.

Proactive coping skills and self-care behavior will be assessed at baseline, after the basis intervention, after the booster sessions, and at follow-up 6 months after the last booster session. Medical outcomes will be assessed at baseline and at follow-up.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Recently (< 5 years) diagnosed with type 2 diabetes;
2. Sufficient mastery of Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Serious physical and psychiatric comorbidities;

2. Currently involved in another diabetes-related self-management program;
3. Insufficient mastery of the Dutch language.

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-02-2009
Aantal proefpersonen:	300
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	16-02-2011
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	NL2637
NTR-old	NTR2765
Ander register	METC University Utrecht : 07-303
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A