

Online intervention program 'Houd uw brein vitaal'.

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

Samenvatting

ID

NL-OMON25349

Bron

NTR

Aandoening

Cognitive problems, memory problems, forgetfulness
Cognitieve problemen, geheugenproblemen, vergeetachtigheid,

Ondersteuning

Primaire sponsor: Maastricht University

Overige ondersteuning: National Initiative Brain & Cognition (NIHC)
Netherlands Organisation for Scientific Research (NWO)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Subjective cognitive functioning measured with:

1. Metamemory in Adulthood questionnaire (MIA);

2. Cognitive Failures Questionnaire (CFQ);

3. Perceived degree of hinder, worry and annoyance about subjective memory functioning and subjective executive functioning;

4. Evaluation questions regarding the intervention and self evaluation after participation.

Toelichting onderzoek

Achtergrond van het onderzoek

As people age, they increasingly encounter difficulties regarding changes in cognitive abilities. This is reinforced by the increase in productivity and the great appeal on intellectual abilities in many work tasks. Intervention programs focusing on coping with age-related cognitive changes and increasing memory self-efficacy could be an important and effective tool to counteract age-related psychological distress.

The primary objective of this study is to investigate the effectiveness of an online cognitive intervention program ('Houd uw brein vitaal') for healthy adults between 40 and 65 years old. It is investigated whether participants subjective cognitive functioning (memory self-efficacy, self evaluation, and everyday mistakes), objective cognitive functioning (measured with 3 different cognitive tasks) and psychological wellbeing (measured with questionnaires) is influenced by participating in an online intervention program.

The online intervention program is a multidimensional program focusing on increasing awareness of the age-related changing brain, giving insight into personal improvements and providing tips and strategies regarding memory, attention and planning. The intervention consist of 3 educational modules; lifestyle, memory and effective work. Each module incorporates information provided in text or short video-messages and (homework) exercises. The duration of the online intervention is dependent on the speed of the participants but will be approximately 2 hours per module.

Doel van het onderzoek

The primary objective of this study is to investigate the effectiveness of an online cognitive intervention program. It is investigated whether participants subjective cognitive functioning, objective cognitive functioning and psychological wellbeing is influenced by participating in an online intervention program.

Onderzoeksopzet

Pretest (baseline): All primary and secondary measures;

Post-test 1, 4 weeks after pretest: All primary and secondary measures;

Post-test 2, 8 weeks after pretest: Primary measures.

Onderzoeksproduct en/of interventie

Participants are randomly assigned to one of two groups; group A (experimental group) or group B (waiting-list control group) and are invited to do the baseline measurements (T0). Participants in group A get access to the intervention program immediately after finishing the baseline measurements. After finishing the program they are invited to do the post-test measurements (T1) and 4 weeks later the follow up measurements (T2). Participants in group B get access to the internet program after accomplishing the second (T1) and third measurements (T2).

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1. A lifestyle module in which (lifestyle) factors influencing cognitive functioning are discussed. Only evidence-based influential factors are included;
2. A memory module in which the cause of memory complaints, memory self-efficacy and memory strategies are discussed;
3. An effective work module in which tips for improving attention and planning skills are presented to the participants.

Each module incorporates information provided in text or short video-messages and (homework) exercises.

The duration of the online intervention is depending on the speed at which the participant completes the online intervention modules, but a maximum of 4 weeks is allowed. The estimated time to complete each intervention module (including the exercises) is between 2 and 2,5 hours per module.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Signed informed consent;
2. Age between 40 and 65 years old;
3. Adequate comprehension of the Dutch language;
4. Availability of desktop or laptop computer.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. History of chronic neurological or neurodegenerative disorders (e.g. stroke or dementia);
2. Abuse of alcohol and/or drugs.

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-05-2013
Aantal proefpersonen:	300
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	26-04-2013
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 38981
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3800
NTR-old	NTR3973
CCMO	NL43649.068.13
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Register

OMON

ID

NL-OMON38981

Resultaten

Samenvatting resultaten

N/A