

Implementation of kernels to promote mental health in first year Bachelor students.

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It is expected that the experimental, but not the control participants, will show a significant decrease in depressive symptoms and anxiety, and a significant increase in physical activity, pro-social behavior and general mental health.

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

Samenvatting

ID

NL-OMON25675

Bron

Nationaal Trial Register

Verkorte titel

N/A

Aandoening

mental health, depression, anxiety, distress

Ondersteuning

Primaire sponsor: none

Overige ondersteuning: Radboud University Nijmegen

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Fear of failure (Vragenlijst Studieproblemen (VSP) see: Bruinsma, M: Motivation, cognitive processing and achievement in higher education (2004));

2. Procrastination (Vragenlijst Studieproblemen (VSP) see Bruinsma, M: Motivation, cognitive processing and achievement in higher education (2004));

3. Perceived stress (assessed through a Dutch version of the Perceived Stress Scale see Cohen, et al., 1983)

Toelichting onderzoek

Achtergrond van het onderzoek

Content:

The aims of the current study are to implement and evaluate the effectiveness of a brief prevention program for first-year Bachelor students. The beginning of university is a period of great transitions for most young people – there are increases in pressures to perform well academically, but also changes in friendships and romantic relationships that are triggered by this new phase in students' lives. These changes bring about great opportunities for success, but they also usher in a period of vulnerability during which students are at increased risk to develop problems with anxiety and depression.

The evidence-based prevention program will be implemented in the context of a randomized control trial and will involve all consenting students in the first year bachelor program in Orthopedagogics.

Procedure:

Making use of various questionnaires that will be given to the 1st year students we aim to examine some of the most important variables that might predict how depressive and anxious symptoms are prevented through the program. The questionnaires assess the mental health, perceived stress, physical activities, prosocial behavior of each student:

Students will be introduced to the study after their first lecture and will additionally receive information about the procedure of participation via email. After approximately 6 months all participants will be asked to complete the follow-up session which consists of the same questionnaires as in the first session.

Results from analyses and papers that come out of these studies have the potential to contribute significantly to prevention research and change real-world outcomes for young adults in a variety of educational settings.

Doel van het onderzoek

It is expected that the experimental, but not the control participants, will show a significant decrease in depressive symptoms and anxiety, and a significant increase in physical activity, pro-social behavior and general mental health.

Onderzoeksopzet

Students in both conditions will be asked to complete a set of online questionnaires at pre-, mid-, post- and follow-up measurement.

1. Pre measurement: beginning of September;
2. Mid measurement: end of October,;
3. Post measurement: beginning of February;
4. Follow-up measurement: beginning of June.

The procedure will be completed within the participants' first academic year, which takes approximately 10 month in total.

Onderzoeksproduct en/of interventie

Students of the first year BA course 'Academic Skills' will be randomly assigned to the experimental or control group. Students in the experimental condition will receive four short interventions called 'kernels' (Embry & Biglan, 2008).

The 4 kernels are:

1. Physical exercise (for more information see Otto & Smits, 2011);
2. Information about the benefits of Omega3 (for more information see Embry, 2007);
3. Expressive writing (for more information see Thomaes et al., 2012);
4. Basic principles of Cognitive-Behavioral Interventions (components of the 'Op Volle Kracht' program Tak et al., 2012);
5. These kernels are taught in the regular class hours. Teachers provide instructions and students are asked to complete assignments. In total that takes 15 minutes each time. Prior to the classes teachers are instructed about the kernels by the research team.

The control condition follows the regular curriculum of the academic skills course without any intervention.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

First year student of pedagogic at Radboud University Nijmegen participating in the academic skills course.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Second to fourth year pedagogic students of the Radboud University Nijmegen.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel

Toewijzing:	Niet-gerandomiseerd
Blinding:	Enkelblind
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	03-09-2012
Aantal proefpersonen:	243
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	17-09-2012
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	NL3341
NTR-old	NTR3634
Ander register	: ECG2012-0910-047
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

Thomaes, S., Bushman, B. J., Orobio de Castro, B., & Reijntjes, A. (2012). Arousing “gentle passions” in young adolescents: Sustained experimental effects of value-affirmations on prosocial feelings and behaviors. *Developmental Psychology*.