

No Fun No Glory

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1) Personalized lifestyle advices are an effective way to reduce loss of pleasure in young individuals 2) Exposure to a tandem skydive experience fosters the recommended lifestyle changes that can restore the ability to experience pleasure

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

Samenvatting

ID

NL-OMON25879

Bron

Nationaal Trial Register

Verkorte titel

NFNG

Aandoening

loss of pleasure; anhedonia; verlies van plezier; anhedonie

Ondersteuning

Primaire sponsor: University Medical Center Groningen

Overige ondersteuning: NWO Vici grant 016.130.002

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main study endpoint of the intervention study is the level of pleasure, as measured in the daily questionnaires. Change in pleasure will be evaluated both intraindividually (time series approach) and interindividually (multilevel approach).

Toelichting onderzoek

Doel van het onderzoek

- 1) Personalized lifestyle advices are an effective way to reduce loss of pleasure in young individuals
- 2) Exposure to a tandem skydive experience fosters the recommended lifestyle changes that can restore the ability to experience pleasure

Onderzoeksopzet

Diary questionnaires three times a day for three months; more extensive questionnaires and blood samples at the start of the study and after 1, 2, 3, 9, and 15 months.

Onderzoeksproduct en/of interventie

The participants are randomly assigned to three groups. The first month is used for observation (diary data) in all three anhedonic groups. At the start of the second month (the first intervention month), one group receives personalized lifestyle advice based on patterns observed in the first month. The second group receives personalized lifestyle advice plus a tandem skydive. The third group receives neither lifestyle advice nor a tandem skydive. At the start of the third month, all participants are free to choose between no intervention, (continued) lifestyle advice, and/or (another) tandem skydive.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- * Age 18-24 years
- * Fluent in Dutch
- * Low pleasure level (< 25th percentile), which is considered a loss compared to normally experienced pleasure, for at least 2 months
- * Willingness to perform a tandem skydive

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- * Inability to keep an electronic diary three times a day
- * Current professional treatment for psychiatric problems
- * Current use of psychopharmaca
- * Epilepsy
- * Pregnancy
- * Conditions that make it impossible to be attached to the tandemmaster (e.g., loose prostheses)
- * Height of more than 2 meters
- * Weight of more than 95 kg
- * Inability to raise one's legs 90 degrees
- * Significant visual or hearing impairments
- * Prior experience with skydiving, bungee jumping, base jumping, or skyjumping

* Cardiovascular complaints/problems

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	22-01-2015
Aantal proefpersonen:	60
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	22-09-2015
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	NL5241
NTR-old	NTR5498
Ander register	NWO : 016.130.002

Resultaten