

Long-term effectiveness of an online self-help intervention for people with HIV and depressive symptoms

Gepubliceerd: 10-03-2020 Laatste bijgewerkt: 18-08-2022

We expect that the intervention is also effective on the long term. However, we expect that the depression scores may have increased somewhat, compared to post-treatment.

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

Samenvatting

ID

NL-OMON25925

Bron

NTR

Verkorte titel

Long-term effectiveness of an online self-help intervention for people with HIV and depressive symptoms

Aandoening

HIV, aids, depression

Ondersteuning

Primaire sponsor: Leiden University

Overige ondersteuning: Gilead

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Toelichting onderzoek

Achtergrond van het onderzoek

Many people with HIV suffer from depressive symptoms. We developed an online self-help intervention for people with HIV and depressive symptoms, based on cognitive behavioral therapy. In an RCT (registered as Trial NL5298 (NTR5407)) it was found that the intervention was effective in decreasing depressive and anxiety symptoms, compared to a control group that received attention only. The positive effects of the intervention were confirmed up to six months later. It is not known whether the effects of the intervention remain after this period. In the current study we will investigate the long-term effectiveness of the intervention, three to four years after completion of the study. It is important to know to what extent the effect of the intervention is maintained. Primary aim is to investigate changes in depression scores between post intervention and long-term follow-up. Secondary aim will be to explore current needs of participants. These findings may provide suggestions for the development and implementation of relapse prevention activities after completion of the intervention.

Doel van het onderzoek

We expect that the intervention is also effective on the long term. However, we expect that the depression scores may have increased somewhat, compared to post-treatment.

Onderzoeksopzet

Time points of the previous RCT that will be included in the analyses of the current study:

Pretest = T0

After the intervention = T1

3 month follow-up = T2

New time-point in current study: 4 year follow-up: T4.

Onderzoeksproduct en/of interventie

Intervention: "Living positive with HIV": Online self-help program to decrease depressive symptoms. The intervention included telephone coaching once a week. The program lasted 6-10 weeks, 1-2 hours a week. Participants worked on the intervention in 2015/2016.

The online intervention consists of cognitive behavioral therapy. The content of the program reflects four main components: activation, relaxation, changing maladaptive cognitions, and goal attainment.

Contactpersonen

Publiek

Leiden University
Sanne van Luenen

071-5277957

Wetenschappelijk

Leiden University
Sanne van Luenen

071-5277957

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- People that participated about four years ago in the previous RCT about the effectiveness of an online self-help intervention for people with HIV and depressive symptoms.
- Participants that were allocated to the intervention group in the previous RCT and participants in the control group that followed the intervention after the three month follow-up.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Participants that dropped-out of the RCT.

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-01-2020
Aantal proefpersonen:	113
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

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	NL8448
Ander register Ethics Committee Psychology, Leiden University : CEP19-0305/164.	

Resultaten

Samenvatting resultaten

Van Luenen, S., Garnefski, N., Spinhoven, P. & Kraaij, V. (2018). Guided Internet-based intervention for people with HIV and depressive symptoms: A randomised controlled trial in the Netherlands. *The Lancet HIV*, 5, e488-e497. Doi: 10.1016/S2352-3018(18)30133-4.

Van Luenen, S., Kraaij, V., Spinhoven, P. & Garnefski, N. (2016). An Internet-based self-help intervention for people with HIV and depressive symptoms: study protocol for a randomized controlled trial. *Trials*, 17, 1-12. Doi: 10.1186/s13063-016-1292-6.