A randomized controlled trial using a video game to reduce anxiety in children.

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This study will use a Randomized Controlled Trial (RCT) to evaluate the effectiveness and underlying mechanisms of the video game Mindlight, a newly developed anxiety-reducing training for children. Mindlight and a control game will be played for...

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26083

Bron
NTR

Aandoening

Anxiety, Prevention, Children, Neurofeedback, Attentional Bias.

Ondersteuning

Primaire sponsor: Radboud University Nijmegen
Overige ondersteuning: NWO Grant, Radboud University Nijmegen Behavioural Science Institute

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Child scores on the Spence Children's Anxiety Scale (SCAS-C)
- Parent scores on the Spence Children's Anxiety Scale (SCAS-P)

Toelichting onderzoek

Achtergrond van het onderzoek

In this randomized controlled trial (RCT with 2 conditions, intervention and control group) the effectiveness of an anxiety-reducing training in the form of a video game (Mindlight) will be examined. Children (ages 8-12) with elevated levels of anxiety are randomly assigned to play a video game (either Mindlight or Max and the Magic Marker) 6 times for one hour after school. The aims are to evaluate the effectiveness and gain insight into the underlying mechanisms. Measurements of primary and secondary outcomes will be conducted in the intervention directly before and after the training and at 3 months follow up.

Doel van het onderzoek

This study will use a Randomized Controlled Trial (RCT) to evaluate the effectiveness and underlying mechanisms of the video game Mindlight, a newly developed anxiety-reducing training for children. Mindlight and a control game will be played for several sessions by Dutch primary school children (8–12 years old) with elevated levels of anxiety. It is hypothesized that children playing Mindlight will experience reduced levels of anxiety in comparison with the control group. Attentional bias will be examined as mediator of this effect, and children’s coping abilities and anxiety and stress level of parents will be included as moderators.

Onderzoeksopzet

- Screening using SCAS-C
- Pre-test using all primary & secondary instruments (1 week before start intervention)
- Post-test using all primary & secondary instruments except demographics (1 week after training)
- Follow-up using all primary & secondary instruments (3 months after post-test).

Onderzoeksproduct en/of interventie

Children will be randomly assigned in either the experimental or the control condition. Both conditions start with a pre-test where anxiety is measured via questionnaires and attentional bias via the dot-probe task and the visual search task. The parents will also fill out questionnaires this week.
The next weeks, the groups will play a video game for 50 minutes. The experimental condition plays Mindlight, while the control condition plays Max and the Magic Marker. This will be done for 3 weeks, 2 times a week at the school (after class).
After this training, the children will complete the same questionnaires and attentional bias measuring instruments as used in the pre-test. The parents will also receive questionnaires. 3 months later, a follow up test will use the same measurements again.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Primary school children in grades 5 till 8 (8-12 years old) will be screened using the Spence Children’s Anxiety Scale. Passive consent from parents is required for participating in the screening. All children scoring > 1 SD above the mean on at least two subscales (except for the OCD subscale) or on total score of the SCAS will be contacted to join the training. Active consent from the parents is required to participate in the training.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Parents declining participation of their child in either the first (passive) or second (active) consent opportunity or children scoring < 1 SD above the mean on subscales (except for the OCD subscale) or on total score of the SCAS.

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	10-02-2014
Aantal proefpersonen:	140
Type:	Verwachte startdatum

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	NL4213
NTR-old	NTR4366

Register
Ander register

ID
n/a : n/a

Resultaten

Samenvatting resultaten
N/A