

# A Randomized Controlled Trial Testing the Effectiveness of an Indicated Depression Prevention Program ('Op Volle Kracht') Among Adolescent Girls with Elevated Depressive Symptoms.

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The effectiveness of a school-based indicated depression prevention program ('Op Volle Kracht') will be tested in a Dutch sample of adolescent girls with elevated depressive symptoms (aged 12-14 years). It is expected that the adolescent...

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Niet van toepassing   |
| <b>Status</b>               | Werving gestart       |
| <b>Type aanpak</b>          | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON26120

### Bron

NTR

### Aandoening

Adolescent girls, Depression, Prevention, Implicit Self-Esteem

### Ondersteuning

**Primaire sponsor:** GGZ Oost-Brabant

- > GGZ Oost Brabant
- > Burgemeester de Kuiperlaan 5
- > 5461 AA Veghel
- > The Netherlands
- > Telefoon: 0413 - 84 68 00

**Overige ondersteuning:** Stichting Olim

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

1. Implicit Self-esteem: Implicit Association Task (IAT);<br>
2. Depressive symptoms: Child Depression Inventory (CDI).

## Toelichting onderzoek

### Achtergrond van het onderzoek

In this randomized controlled trial (RCT with 2 conditions, intervention and control group) the effectiveness of an indicated depression prevention program for adolescent girls with elevated depressive symptoms (12-14 years of age) will be tested. Adolescents in the intervention condition receive the program consisting of the first 8 lessons of 50 minutes that will be implemented after schooltime. Measurements of primary and secondary outcomes will be conducted in the intervention and control group at baseline, immediately after each lesson and one month after the last lesson.

### Doel van het onderzoek

The effectiveness of a school-based indicated depression prevention program ('Op Volle Kracht') will be tested in a Dutch sample of adolescent girls with elevated depressive symptoms (aged 12-14 years). It is expected that the adolescent girls who receive the intervention will show lower levels of depressive symptoms during follow-up, compared to the control group. Moreover, we will examine whether implicit self-esteem predicts or mediates treatment outcome.

### Onderzoeksopzet

1. 0 (start);
2. Immediately after each lesson;
3. One month after last lesson (follow-up);
4. Six months after last lesson.

### Onderzoeksproduct en/of interventie

The girls with elevated depressive symptoms of the participating schools are at random

assigned to the intervention or control condition. The participating girls in the intervention condition receive the program, consisting of the first 8 lessons of 50 minutes that will be implemented after schooltime. They will also fill in questionnaires after each lesson. The participating girls in the control condition will only fill in the questionnaires at the same time points. After the study, they will also get the chance to follow the lessons.

## Contactpersonen

### Publiek

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### Wetenschappelijk

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Adolescents in 8th grade, middle school (ages 12-14);
2. Middle school grade 8 (VMBO-t, HAVO, VWO, Gymnasium);
3. Informed consent from children and parents;
4. CDI-score > 16.

## Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Parents (on behalf of their child) do not allow their child to participate in the study;
2. Children with CDI-score > 19 and suicidal ideation (score 2 on item 9).

## Onderzoeksopzet

### Opzet

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Parallel                |
| Toewijzing:      | Gerandomiseerd          |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | N.v.t. / onbekend       |

### Deelname

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 01-09-2011           |
| Aantal proefpersonen:   | 100                  |
| 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        | NL2978                              |
| NTR-old        | NTR3126                             |
| Ander register | Stichting Olim : 2011-01            |
| ISRCTN         | ISRCTN wordt niet meer aangevraagd. |

## Resultaten

### Samenvatting resultaten

N/A