

Video gaming as an add-on intervention in emotion regulation therapy among adolescents with internalizing disorders: a preliminary study.

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

Samenvatting

ID

NL-OMON26125

Bron

Nationaal Trial Register

Verkorte titel

Serious gaming in emotion regulation therapy

Aandoening

Depressive or anxiety disorder and emotion regulation difficulties

Ondersteuning

Primaire sponsor: No sponsors

Overige ondersteuning: None

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Satisfaction (likert scale)

Duration/ frequency adolescents play the game (gamelogs)

Toelichting onderzoek

Achtergrond van het onderzoek

Earlier research on serious gaming for improvement of emotion regulation strategies (ERS) has focused mostly on youth with externalizing psychopathology and anxiety in a residential setting, but emotion regulation problems also occurs within youth with internalizing psychopathology. The appliance of ERS in internalizing psychopathology in adolescents seems more promising since this type of pathology is more differentiated and rumination plays a greater role in the development of anxiety or depression in this developmental phase. The present study aims to test the feasibility of a serious game for emotion regulation problems (Dojo), which has been previously studied within an residential adolescent population and will asses the initial effectiveness of the serious game as add on to treatment as usual (TAU) among youth with internalizing psychopathology in an ambulatory setting, more specific adolescents with anxiety or depression.

Doel van het onderzoek

We hypothesize that adolescents who play a serious game as add on to the regular CBT stay more interested to play the game, are satisfied with the game, do more homework and are able to apply the learned strategies in real-life. We expect little negative effects; no negative changes in their anxiety/depression symptoms or their emotion regulation strategies (neither an increase of maladaptive emotion regulation strategies or a decrease in adaptive emotion regulation strategies) and no problems with school/homework, social contacts and hobbies.

Onderzoeksopzet

Pre- post-treatment and during follow up after 3 and 6 months.

Onderzoeksproduct en/of interventie

Dojo (developed by Gamedesk, Los Angeles, CA) is an 3D game for adolescents who have emotion regulation problems. In the game, emotions are being challenged and adolescents learn how to accurately cope with them. Dojo comprises two evidence based strategies in ameliorating ERS: (1) heart rate variability (HRV) biofeedback and (2) emotion regulation CBT-training.

Contactpersonen

Publiek

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Wetenschappelijk

Pro Persona
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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Adolescents are being included when there is internalizing psychopathology (a depressive or anxiety disorder is measured with the Dutch translation of the Mini International Neuropsychiatric Interview for children and adolescents (MINI-KID) and emotion regulation difficulties, which are measured with the FEEL-KJ (an instrument to measure emotion regulation strategies in children and adolescents).

- Cut off score FEEL- KJ:

Adaptive emotion regulation strategies < 40 (low use of adaptive emotion regulation strategies), and/or

Maladaptive emotion regulation strategies > 60 (high dysfunctional use of emotion regulation strategies).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Adolescents are excluded from the study if there is an other mental disorder diagnosed, such as ADHD, autism or substance abuse.

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 gestart
(Verwachte) startdatum:	01-12-2019
Aantal proefpersonen:	12
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Toelichting

N/A

Ethische beoordeling

Positief advies	
Datum:	03-12-2019
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	NL8212
Ander register	Commisiemensgebondenonderzoek Radboud UMC : 2019-5290

Resultaten

Samenvatting resultaten

N/A