

# Effect evaluation of computer-tailored information combined with personal counseling on adolescents' behaviors and psychosocial problems: E-health4Uth, a randomized controlled trial.

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Computer-tailored information (without personal counseling) and computer-tailored information combined with personal counseling results in: 1. Less psychosocial problems; 2. Less risky behavior (alcohol and drug use, smoking, safe sex). Compared...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON26215

### Bron

Nationaal Trial Register

### Verkorte titel

E-health4Uth

### Aandoening

Adolescents, psychosocial problems, risky behavior (alcohol, drug, smoking, sex)

### Ondersteuning

**Primaire sponsor:** Erasmus Medical Center, Department of Public Health

**Overige ondersteuning:** ZonMw, The Netherlands Organization for Health Research and Development

# Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

1. Psychosocial problems, mental health;<br>
2. Lifestyle / risky behavior (alcohol consumption, drug use, smoking, safe sex).

## Toelichting onderzoek

### Achtergrond van het onderzoek

Adolescents are developing rapidly. Adolescents develop their own identity and their own role in society. This complex development goes well often, but sometimes there are problems, at home, school, or on a personal level. Estimates of the percentage of youth with psychosocial problems, which may be associated with suicidal ideation or suicide (attempts), range from 16 to 25%. There may be problems with drinking, especially outside the big cities, or problems with drug or other lifestyle behaviors. At school, high pressure is put on young people who want and should achieve their diploma or qualification. Some problems can directly lead to absence and school dropout, with vast personal and societal consequences. Other problems may have negative effects on later health.

In the Netherlands, adolescents have their last regular consult with the school nurse at 13 year or in second grade of secondary education. Given the above considerations, there is a big commitment at national en regional level, for an additional consult with the school nurse at 15/16 year.

The objective of this project is to evaluate the effect of two interventions at age 15/16 years (fourth grade) compared with the current situation (i.e. no point of contact 15 / 16 years).

Adolescents are randomized into one of three groups:

1. Adolescents will access the computer-tailored health education program through the internet. After completion of the assessment questions, the program compiles a tailored health advice to the adolescent;

2. Adolescents will access the computer-tailored health education program through the internet. After completion of the assessment questions, the program compiles a tailored health advice to the adolescent. On the basis of risk identification, a part of the adolescents will be invited for a consultation with the school nurse;
3. Usual care.

About 400 adolescents will be included in each group. Psychosocial problems and lifestyle behavior will be measured in all groups before and four months after the intervention. In both intervention groups also an evaluation questionnaire about the tailored health advice will be completed by the adolescents.

Data collection will be organized from September 2012 until June 2013.

### **Doel van het onderzoek**

Computer-tailored information (without personal counseling) and computer-tailored information combined with personal counseling results in:

1. Less psychosocial problems;
  2. Less risky behavior (alcohol and drug use, smoking, safe sex).
- Compared with usual care.

### **Onderzoeksopzet**

Time points measurements:

1. Baseline questionnaire (at the start of the training);
2. Follow-up questionnaire (after 4 months).

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health advice to the adolescent. On the basis of risk identification, a part of the adolescents will be invited for a consultation with the school nurse;

3. Usual care.

## Contactpersonen

### Publiek

Department of Public Health<br>  
Room AE-134<br>  
Erasmus MC<br>  
P.O. Box 2040  
Rienke Bannink  
Rotterdam 3000 CA  
The Netherlands  
+31 (0)10 7044634

### Wetenschappelijk

Department of Public Health<br>  
Room AE-134<br>  
Erasmus MC<br>  
P.O. Box 2040  
Rienke Bannink  
Rotterdam 3000 CA  
The Netherlands  
+31 (0)10 7044634

## Deelname eisen

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

The study population consists of adolescents from the fourth grade of secondary education in the Netherlands.

### Belangrijkste redenen om niet deel te kunnen nemen

## (Exclusiecriteria)

N/A

## Onderzoeksopzet

### Opzet

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

### Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	10-09-2012
Aantal proefpersonen:	1200
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	31-08-2012
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	NL3445
NTR-old	NTR3596
Ander register	ZonMw : 70-72000-98-144
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Resultaten

### Samenvatting resultaten

N/A