

Happy to write: A first study about the influence of writing on your mood

Gepubliceerd: 04-01-2019 Laatste bijgewerkt: 18-08-2022

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

Samenvatting

ID

NL-OMON26341

Bron

Nationaal Trial Register

Verkorte titel

BLIJ DAT IK SCHRIJF

Aandoening

Eating disorders, negative body image

Ondersteuning

Primaire sponsor: Accare, Child and adolescent psychiatry, University of Groningen, Clinical Psychology

Overige ondersteuning: Accare, Child and adolescent psychiatry, University of Groningen, Clinical Psychology

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

We would like to know if this manipulation has a positive influence on body image.

Specifically we would like to investigate the influence of state measures of body satisfaction, body appreciation and overinvestment of weight and shape.

Toelichting onderzoek

Achtergrond van het onderzoek

The aim of the study is to investigate the effectiveness of a brief manipulation aimed at improving the body image of adolescents with an eating disorder. The study investigates the short-term effects of writing assignments about body functionality in an experiment with a duration of approximately 75 minutes in total. Participants are randomly assigned to the experimental or control group.

Doel van het onderzoek

We expect that the participants from the experimental group are improved in terms of state measures of body image, compared to the control group.

Onderzoeksopzet

There are four assessment points in the experimental group: before the intervention, after the intervention and after 15 and 30 minutes.

There are three assessment points in the control group: before the control task, after the control task and after the intervention.

Onderzoeksproduct en/of interventie

The experimental manipulation consists of short writing assignments in which adolescents learn to focus on what their body can do (body functionality), for example senses, exercise, health, creative activities, personal care and communication with others.

The control task consists of comparable writing assignments about observing details during daily routines.

Both groups receive both tasks. The experimental group first receives the intervention and then the control task. The control group first receives the control task and then the intervention.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Girls between the age of 14-23 who are in treatment or who are referred to the Centre for Eating Disorders of Accare and meet the DSM-5 criteria of anorexia nervosa, bulimia nervosa or eating disorder not otherwise specified.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

-Patients who do not speak Dutch.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind

Controle: Placebo

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 01-11-2018
Aantal proefpersonen: 96
Type: Verwachte startdatum

Ethische beoordeling

Positief advies
Datum: 04-01-2019
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	NL7462
NTR-old	NTR7704
Ander register	ABR: NL64270.042.18 : METc 2018/068 (METc UMCG)

Resultaten