The UvAcare project: Examining the effectiveness of a web-based intervention for symptoms of depression and/or anxiety in university students.

Gepubliceerd: 10-10-2018 Laatst bijgewerkt: 18-08-2022

College years are considered to be a peak period for the first onset of common mental disorders. Recent studies have shown that 12 to 50% of university students experience one or multiple psychological symptoms. Mental health is associated with...

Ethische beoordeling	Positief advies
Status	Anders
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26795

Bron
Nationaal Trial Register

Verkorte titel
N/A

Aandoening

All university (PhD) students at the University of Amsterdam (UvA) with at least mild to moderate symptoms of depression and/or anxiety.

Ondersteuning

Primaire sponsor: University of Amsterdam
Overige ondersteuning: University of Amsterdam

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcomes of the RCT are the patient health questionnaire (PHQ-9) for depression and the Generalised Anxiety Disorder – 7 items scale (GAD-7) for anxiety. By using a mixed linear model analysis we will analyse the outcome measures.

Toelichting onderzoek

Achtergrond van het onderzoek

College years are considered to be a peak period for the first onset of common mental disorders. Recent studies have shown that 12 to 50% of university students experience one or multiple psychological symptoms. Mental health is associated with physical, interpersonal and cognitive impairments. Universities can use electronic media to screen for students with mental disorders and also offer treatment for those in need. The aim of the present study is to conduct a three-armed randomised controlled trial (RCT) to assess the effectiveness of a therapist-guided or computer-guided web-based transdiagnostic intervention in treating university students and PhD students with depression and/or anxiety. Participants will be young adults (≥ 16 years) enrolled as Bachelor, Master or PhD students at the University of Amsterdam. Those who experience symptoms of depression and/or anxiety will be invited to participate in the RCT. The intervention will be either a therapist-guided or computer-guided online transdiagnostic intervention targeting symptoms of depression and/or anxiety. The intervention consists of 7 online sessions. A booster session will be administered four weeks after the completion of the 7th online session. These two conditions will be compared to one another and to care-as-usual (CAU). The primary outcome of the RCT are the patient health questionnaire (PHQ-9) for depression and the Generalised Anxiety Disorder scale (GAD-7) for anxiety. The GAD-7 and PHQ-9 scales will be administered at baseline, mid-intervention, post-intervention and at 6 and 12-month (post-baseline) follow-up. In addition, every week (in the CAU condition) or before each treatment session (in both guided conditions), selected items to measure anxiety, depression, and suicidal risk will be administered to monitor changes in severity.

Doel van het onderzoek

College years are considered to be a peak period for the first onset of common mental disorders. Recent studies have shown that 12 to 50% of university students experience one or multiple psychological symptoms. Mental health is associated with physical, interpersonal and cognitive impairments. Universities can use electronic media to screen for students with mental disorders and also offer treatment for those in need.

The aim of the present study is to conduct a randomised controlled trial (RCT) to assess the effectiveness of a therapist-guided or computer-guided web-based transdiagnostic intervention, compared with a care-as-usual control condition, in treating university students and PhD students with depression and/or anxiety.

Onderzoeksopzet

Baseline measurement (t1), mid-intervention (5 weeks after baseline; t2), post-treatment (8 weeks after baseline; t3), follow-up 6 months after baseline (t4), follow-up 12 months after baseline (t5).

At all time points, the following measurements will be assessed: GAD-7, PHQ-9, EQ-5D (except for time point 2), Mini Spin, SIAS-6, DAST-10, AUDIT-C, and PSS (except for time point 2).
At time point 1 only, the MINI psychiatric interview, as well as the DEQ-SC will be administered.
At t3, the CSQ and the medical service use (TiC) questionnaires will be assessed. The TiC will also be assessed at time points 4 and 5.
Additionally, all participants receive a short questionnaire including questions about depression, anxiety and suicidal risk every week during the intervention (prior to each session).

Onderzoeksproduct en/of interventie

The intervention will be either a therapist-guided or computer-guided web-based transdiagnostic intervention targeting symptoms of depression and/or anxiety. Both the therapist-guided or computer-guided intervention consist of 7 online sessions. A booster session will be administered four weeks after the completion of the 7th online session. These two types of the intervention will be compared to one another, and to the active control group that receives care-as-usual (CAU).

Contactpersonen

Publiek

University of Amsterdam
Jurrijn Koelen

+31681491906

Wetenschappelijk

University of Amsterdam
Jurrijn Koelen

+31681491906

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

• Being enrolled as a student or PhD student at the University of Amsterdam (UvA).

• Being 16 years or older

• Students who experience mild, moderate, or severe symptoms of depression (as defined by scoring above the cut-off score of 15 and within the range of 15 to 60 points on the Center for Epidemiological Studies Depression Scale [CES-D]) and/or anxiety (as defined by scoring above the cut-off score of 4 on the Generalised Anxiety Disorder scale - 7 items [GAD-7]).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

• Co-morbid recent or current bipolar disorder and/or psychotic disorder according to the Mini-Neuropsychiatric Interview (MINI).

- Active high risk for suicide
• Currently receiving psychological treatment for depression and/or anxiety.

• Having slow or no internet connection (e.g. no broadband internet or something comparable).

• No informed consent before participation.

Onderzoeksopzet

Opzet

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

Deelname

Nederland

Status:	Anders
(Verwachte) startdatum:	31-01-2019
Aantal proefpersonen:	276
Type:	Onbekend

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Ethische beoordeling

Positief advies

Datum:	10-10-2018
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	NL7328
NTR-old	NTR7544
Ander register	METC AMC : 2018_085

Resultaten

Samenvatting resultaten
Van der Heijde, CM., Vonk, P., Meijman. FJ. (2015). Self-regulation for the promotion of student health. Traffic lights: the development of a tailored web-based instrument providing immediate personalized feedback, Health Psychology and Behavioral Medicine, 3:1, 169-189, DOI: 10.1080/21642850.2015.1049950

Blankers, M., Salemink, E., Wiers, RW. (2015). Cognitive Behavioural Therapy and Cognitive Bias Modification in Internet-Based Interventions for Mood, Anxiety and Substance Use Disorders. Springer International Publishing, 193-215, DOI 10.1007/978-3-319-20852-7_10.