

Effectiveness of an Internet-based prevention intervention for depression and anxiety

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ICare Prevent is more effective than care as usual in preventing episodes of depression and/or anxiety.

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

Samenvatting

ID

NL-OMON27825

Bron

Nationaal Trial Register

Verkorte titel

ICare Prevent

Aandoening

Depression, Anxiety, Prevention

Depressie, Angst, Preventie

Ondersteuning

Primaire sponsor: Vrije Universiteit Amsterdam

Overige ondersteuning: This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 634757.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Disorder specific symptom severity at post-intervention (Quick Inventory for Depression Scale + Hamilton Anxiety Rating Scale)

Toelichting onderzoek

Achtergrond van het onderzoek

A three-arm randomized controlled trial is conducted comparing the (cost-)effectiveness of a) a guided version of ICare Prevent, b) an unguided version of ICare Prevent, to c) care as usual for the prevention of depression and anxiety. A specific focus is put on student populations. 252 participants will be randomized into either of the three groups, resulting in 84 participants per condition. This study is part of a large European project (ICare); www.icare-online.eu/nl).

Doel van het onderzoek

ICare Prevent is more effective than care as usual in preventing episodes of depression and/or anxiety.

Onderzoeksopzet

T0 - screening

T1 - baseline

T2 - mid-intervention

T3 - post-intervention

T4 - 6 months follow-up

T5 - 12 months follow-up

Onderzoeksproduct en/of interventie

Access to ICare Prevent, a transdiagnostic Internet-based intervention. The intervention is based on CBT principles. One arm of the RCT is self-guided, the other arm receives feedback on exercises by a trained eCoach. All three groups in the RCT have access to usual care.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Age > 16;

subclinical symptoms of depression (Center for Epidemiologic Studies Depression Scale ≥ 16) and/or anxiety (7-item Generalized Anxiety Disorder scale ≥ 5);

not meeting criteria for a full syndrome presentation of any common mental health disorder within the past six months, in the absence of cardinal symptoms during the past three weeks (assessed by the MINI International Neuropsychiatric Interview)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

being on a waitlist for, currently receiving or having received psychotherapy within the past

12 months for any mental condition;

having a lifetime bipolar or psychiatric disorder (assessed by the MINI International Neuropsychiatric Interview);

being at moderate to severe risk for suicide (assessed by the MINI International Neuropsychiatric Interview);

self-reported inability to read or write Dutch;

no access to a computer or the Internet;

participation in similar studies at time of inclusion

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	01-08-2017
Aantal proefpersonen:	252
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies

Datum: 06-07-2017
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 47514
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL6378
NTR-old	NTR6562
CCMO	NL60705.029.17
OMON	NL-OMON47514

Resultaten