

Strong teens and resilient minds: School-based prevention of depression and suicide

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The effectiveness of a school-based indicated depression prevention program ('Op Volle Kracht') will be tested in a Dutch sample of adolescents with elevated depressive symptoms (aged 12-14 years). It is expected that the adolescents who...

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

Samenvatting

ID

NL-OMON27977

Bron

NTR

Aandoening

Depression, Suicide, Prevention, Adolescents, School-based

Ondersteuning

Primaire sponsor: GGZ Oost Brabant

Overige ondersteuning: ZON-MW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Depressive symptoms: Child Depression Inventory 2 (CDI 2) and Anxiety Disorder Interview Schedule for Children (ADIS-C; section of affective disorders)

Toelichting onderzoek

Achtergrond van het onderzoek

In this randomized controlled trial (RCT with 2 conditions, intervention and control group) the effectiveness of an indicated prevention program aimed at depression will be tested. Adolescents in their second year of secondary school (11-15 years) will be screened for depression by the mental health service of school (GGD). Adolescents with presence of suicidal ideation or severe depressive symptoms will be seen and eventually redirected to mental health care. Adolescents with clinical level of depressive symptoms will be randomly assigned to the experimental and control condition. Participants in the experimental condition will receive the prevention program 'Op Volle Kracht' consisting of 8 sessions of 60 minutes that will be implemented at school. Participants in the control condition will receive psycho-educational information. Measurements of primary and secondary outcomes will be conducted in the intervention and control group at baseline, post-intervention, at 6-, 12-, 24-, 36-, and 48 months follow-up.

Doel van het onderzoek

The effectiveness of a school-based indicated depression prevention program ('Op Volle Kracht') will be tested in a Dutch sample of adolescents with elevated depressive symptoms (aged 12-14 years). It is expected that the adolescents who receive the intervention will show lower levels of depressive symptoms during follow-up, compared to the control group. Moreover, it is expected that the intervention will be cost-effective and screening and intervening will reduce suicide risk.

Onderzoeksopzet

1. Baseline
2. Post-intervention (after session 8)
3. Follow-up 1 (6 months)
4. Follow-up 2 (12 months)
5. Follow-up 3 (24 months)
6. Follow-up 4 (36 months)
7. Follow-up 5 (48 months)

Onderzoeksproduct en/of interventie

The adolescents with symptoms of depression will be randomly assigned to the intervention

or control condition. Participants in the intervention condition receive the program, consisting of 8 sessions of 60 minutes that will be implemented at school. Participants in the intervention and participants in the control condition will fill in questionnaires at seven moments during the study. After the study, the participants in the control condition will also get the chance to follow the lessons.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Adolescents in their second year of secondary school (11-15 years)
2. Informed consent from children and parents
3. Sufficient knowledge of the Dutch language
4. CDI 2-score > 14.

Belangrijkste redenen om niet deel te kunnen nemen

(Exclusiecriteria)

1. Absence of parental permission
2. Adolescent already receiving treatment for mood problems
2. Children with suicidal ideation (score 2 on item 8 CDI 2) or severe depression (measured with clinical interview) will be excluded from the intervention

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-01-2016
Aantal proefpersonen:	160
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	11-03-2016
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	NL5618
NTR-old	NTR5725
Ander register	NL55328.091.15 : 2016-02 CMO Arnhem-Nijmegen

Resultaten

Samenvatting resultaten

N/A