

Testing a daily smartphone-delivered intervention in individuals with work stress

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- Participants in the experimental condition (i.e., mindfulness exercises) will experience a larger decrease on the implicit negative affect scale of the Implicit Positive and Negative Affect Test compared to the waitlist condition
- Participants...

Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON28067

Bron

NTR

Aandoening

stress, work load

Ondersteuning

Primaire sponsor: Leiden University

Overige ondersteuning: ZON-MW, The Netherlands Organization for Health Research and Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Implicit Positive and Negative Affect as measured with Implicit Positive and Negative Affect Test, time-point: post-intervention (i.e., 4-weeks).

- Implicit stress as measured with the Implicit Association Test, time-point: post-intervention.

Toelichting onderzoek

Achtergrond van het onderzoek

Psychosocial stress is a widespread problem and a substantial co-determinant of organic disease, including cardiovascular disease (CVD). One of the most important stressors are work stressors, that increase CVD risk up to 3.6 times (Bosma, Peter, & Siegrist, 1998; Matthews & Gump, 2002) in a dose response fashion (Chandola et al., 2008), with follow-up times between 4-12 years. There is a general agreement that stressors exert their unhealthy effects in the long run via prolonged physiological stress responses (e.g., lower heart rate variability, prolonged blood pressure, excessive cortisol excretion). In recent years, a new hypothesis has been put forward stating that a large part of these prolonged physiological stress responses is due to implicit or unconscious stress (Brosschot, Verkuil, & Thayer, 2010). The best way to show that unconscious stress causes prolonged activity in real life, which is the main premise of this new theory, is to manipulate unconscious stress, in this case to decrease it, since the reverse would be unethical. To our knowledge however, no intervention exists that reduces unconscious stress. In this project we therefore want to study the effect of a smartphone-programmed mindfulness-based therapy on conscious (e.g., effort-reward imbalance) and unconscious (work) stress (i.e., Implicit Positive and Negative Affect Test and Implicit Association Test) in daily life. More specifically, we expect that administering an evidence-based intervention (mindfulness) reduces conscious as well as unconscious stress.

Doel van het onderzoek

- Participants in the experimental condition (i.e., mindfulness exercises) will experience a larger decrease on the implicit negative affect scale of the Implicit Positive and Negative Affect Test compared to the waitlist condition
- Participants in the experimental condition will experience a larger decrease on implicit stress, as measured by the Implicit Association Test, compared to the waitlist condition.

Onderzoeksopzet

At the start of the intervention, after two weeks and after 4 weeks the psychological questionnaires and tasks will be completed.

Onderzoeksproduct en/of interventie

Experimental condition: problem-solving techniques, worry postponement, mindfulness exercises

- Dose: daily, 5 times a day (between 9 AM – 11 PM)

- Duration: 4 weeks (29 days)
- Mode of administration: via an application on a smartphone

Waitlist condition: no treatment

Contactpersonen

Publiek

Wassenaarseweg 52

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Leiden 2300 RB
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071-527 6343

Wetenschappelijk

Wassenaarseweg 52

A. Versluis
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071-527 6343

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Dutch speaking individuals who are employed, are 18 years or older, have an effort-reward imbalance ratio of $>.89$, and who have sufficient knowledge of how to work with a smartphone.

Belangrijkste redenen om niet deel te kunnen nemen

(Exclusiecriteria)

Person is not currently employed, currently being treated for a psychological or psychiatric disorder, substance abuse, no current or recent reports of suicidal ideation, history or presence of severe psychological disorders

Onderzoeksopzet

Opzet

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

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-11-2014
Aantal proefpersonen:	120
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

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	NL4675
NTR-old	NTR4827
Ander register Registration number of Ethics Commission of Leiden University : 5097802079	

Resultaten