

Meeting your future self: Stimulating students' future orientation through a smartphone-based intervention

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Aim 1: We hypothesize that users experience the application as user friendly, rate the application as engaging, and use the application multiple times per week. Aim 2: The smartphone intervention will increase students' future oriented mindset and...

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

Samenvatting

ID

NL-OMON28358

Bron

NTR

Verkorte titel

N/A

Aandoening

None, it is a universal student population

Ondersteuning

Primaire sponsor: Leiden University, ERC Consolidator Grant (Grant Number 772911-CRIMETIME), Max Planck Institute for the Study of Crime, Security & Law, Freiburg Germany.

Overige ondersteuning: ERC Consolidator Grant (Grant Number 772911- CRIMETIME)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Future oriented mindset and behaviors:

- Self-defeating behavior
- Future orientation
- Study results at the end of the academic year
- Impulsiveness
- Goal commitment and achievement

Future self-identification:

- Vividness
- Valence
- Relatedness

Smartphone experience:

- User experience and engagement

Toelichting onderzoek

Achtergrond van het onderzoek

High future orientation and having a vivid image of the future self have been associated with beneficial outcomes such as increased ethical behavior, increased saving, higher motivation, improved health, goal achievement, and reduced delinquency. In the current project, we aim to examine to which extent future orientation and future self-identification can be stimulated. To this end, we are developing an intervention delivered through a smartphone application in which people are stimulated to think about the future and interact with their future self. As people are almost always near their smartphone, implementing an intervention via this technology facilitates daily exposure to the intervention content.

The study has three aims: 1) examine users' experiences with the smartphone app and their adherence to the intervention, 2) examine whether the intervention can stimulate future orientation and future self-identification, and 3) explore which intervention module(s) generate the strongest intervention effects. With this knowledge we intend to iterate the application for follow-up research and further develop and optimize this novel intervention.

Doel van het onderzoek

Aim 1: We hypothesize that users experience the application as user friendly, rate the application as engaging, and use the application multiple times per week.

Aim 2: The smartphone intervention will increase students' future oriented mindset and behaviors, and will increase students' future self-identification compared to students in the control condition.

Aim 3: We have no specific hypothesis about which intervention module establishes the largest intervention effects.

Onderzoeksopzet

To assess the effectiveness of the intervention, we conduct assessments at multiple time points:

- T1: prior to the intervention
- Interim measurements of a subset of outcomes after week 1 and week 2 of the intervention
- T2: immediately after the intervention
- T3: 3 months after the end of the intervention
- T4: end of the academic year (only study results)

Onderzoeksproduct en/of interventie

The intervention aims to increase future oriented mindset and behaviors. It is based on the assumption that the lack of a clear vision of the future and the inability to imagine the future self is related to negative and short-sighted behaviors as long term consequences of behaviors are not adequately taken into account. During the intervention, participants will be encouraged to think about their future and create a clear vision of who they want to be and what they want to achieve, i.e., their future self. The intervention aims to accomplish this by letting participants interact with a digitally aged avatar of themselves, representing their future self.

In the current study, the intervention is implemented through a smartphone application. The intervention consists of three modules, each lasting a week. During the intervention period (i.e., 3 weeks), participants will have short (approximately 5 minutes) daily interactions with their future self. These interactions differ in nature, for instance psychoeducation, perspective taking, and goal setting.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

First year university students, having an eligible smartphone that meets minimum system requirements (iPhone running iOS 12 and newer or smartphone running Android 9 and newer)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2021
Aantal proefpersonen:	166
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Toelichting

N/A

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	NL9671
Ander register	Ethics Board of the Institute of Education and Child Studies at Leiden University : ECPW2021-320

Resultaten

Samenvatting resultaten

N/A