

# The effectiveness of Looking for meaning, a life-review course for elderly with depressive symptoms. A randomized controlled trial.

Gepubliceerd: 28-11-2005 Laatste bijgewerkt: 18-08-2022

Looking for meaning lead to a significant reduction of depressive symptoms and a significant enhancement of wellbeing, meaning in life and quality of life with elderly with depressive symptoms in comparison to a no treatment control group.

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestopt
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON28537

### Bron

Nationaal Trial Register

### Verkorte titel

N/A

### Aandoening

slight to moderate depressive symptoms

## Ondersteuning

**Primaire sponsor:** Trimbos-institute

Netherlands Institute of Mental Health and Addiction

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

## Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

1. Depressive symptoms (Centre of Epidemiological Studies-Depression scale, CES-D, Bouma, Ranchor, Sanderman and van Sonderen 1995);<br>
2. Well-being (Well-being Scale, Ryff and Keyes, 1995);<br>
3. Perceived meaning (SELE Scale, Dittmann-Kohli and Westerhof 1997);<br>
4. Quality of life (EuroQol Group 1990).

## Toelichting onderzoek

### Achtergrond van het onderzoek

Depression among the elderly is a major health problem. Prevention can make an important contribution towards reducing the number of new cases. The main risk factor for depression is the presence of slight and moderate depressive symptoms. Integrative reminiscence is a low threshold method specifically developed for the elderly that involves their telling about and evaluating their lives. A reminiscence course called Looking for Meaning has been developed by the Trimbos Institute for elderly people with depressive symptoms. This course is already being given at numerous Mental Health Care Institutes. The assessment of the course's effectiveness in general and its cost effectiveness in particular is a central part of the project.

### Doel van het onderzoek

Looking for meaning lead to a significant reduction of depressive symptoms and a significant enhancement of wellbeing, meaning in life and quality of life with elderly with depressive symptoms in comparison to a no treatment control group.

### Onderzoeksopzet

N/A

### Onderzoeksproduct en/of interventie

The course Looking for meaning is the intervention. It is a group-oriented intervention of twelve sessions of two hours, conducted in groups of about ten participants. Based on certain themes, in this intervention participants are invited to take memories from their own lives. The special thing about the course is that reminiscence is linked to creative assignments. Imagination and creativity are viewed as important keys to perceived meaning, competencies and well-being. Via targeted questions, participants evaluate and re-evaluate their own lives.

## Contactpersonen

### Publiek

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### Wetenschappelijk

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Elderly people above the age of 55 with slight to moderate depressive symptoms.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. People with severe depressive symptoms and a CES-D score higher than 24;
2. The absence of depressive symptoms, a score lower than 5 on the CES-D;
3. People being treated elsewhere (with medication) when they register;
4. People unable to function in a group.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Geneesmiddel

### Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-11-2005
Aantal proefpersonen:	360
Type:	Werkelijke startdatum

## Ethische beoordeling

Positief advies	
Datum:	28-11-2005
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

NTR-new

NTR-old

Ander register

ISRCTN

### ID

NL500

NTR541

: N/A

ISRCTN66645855

## Resultaten

### Samenvatting resultaten

N/A