

Well-being therapy in outpatients with mild affective disorders

Gepubliceerd: 01-04-2015 Laatste bijgewerkt: 19-03-2025

Firstly this study tries to answer the question whether applying well-being therapy to outpatients with a mild affective disorder in Dutch mental health care, reveals a trend in which well-being is increased and psychiatric complaints are reduced...

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

Samenvatting

ID

NL-OMON28550

Bron

NTR

Aandoening

Well-being therapy
Anxiety disorders
Depression
Short-term treatment
Positive psychology

Welbevinden therapie
Angststoornis
Depressie
Kortdurende behandeling
Positieve psychologie

Ondersteuning

Primaire sponsor: Dimence, a mental health care centre. The study is being performed in the course of the education of gz-psychologist to clinical psychologist.

Overige ondersteuning: Dimence, a mental health care centre. The study is being performed in the course of the education of gz-psychologist to clinical psychologist.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Well-being, as measured with the Mental Health Continuum-Short Form (MHC-SF).
Psychological complaints as measured with the Hospital Anxiety and Depression Scale (HADS).

Toelichting onderzoek

Doel van het onderzoek

Firstly this study tries to answer the question whether applying well-being therapy to outpatients with a mild affective disorder in Dutch mental health care, reveals a trend in which well-being is increased and psychiatric complaints are reduced.

Secondly the intention is to learn more about the experiences of the participants (patients as well as therapists) with this new form of therapy, to be able to carry out further development and adjustments if necessary.

The outcome of this study can be used to account for a randomized controlled trial.

Onderzoeksopzet

Participants will be treated with well-being therapy. They will be asked to answer two questionnaires at three specific moments (T0, T1, T2). In total participants will spend a maximum of 75 minutes on the questionnaires over a period of 6 months. Also, one in three participants will randomly be invited to participate in a semi-structured interview.

Onderzoeksproduct en/of interventie

Participants will be treated with well-being therapy, a short-term protocol (6 sessions) in which they will actively focus on the enhancement of well-being.

Contactpersonen

Publiek

Ropcke Zweerslaan 2

E.J.B. Peeneman
Unknown
The Netherlands
0523-280280

Wetenschappelijk

Ropcke Zweerslaan 2

E.J.B. Peeneman
Unknown
The Netherlands
0523-280280

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Classification according to DSM IV-TR of an anxiety or affective disorder as follows from an intake.
- Participants are indicated for the 'middle' category in mental health care.
- A below average score (<2.13) on the Mental Health Continuüm-Short Form (MHC- SF) before treatment. (this cut off score was based on the mean minus one SD (Lamers et al., 2011) and the expectation that clients with a higher score will have less possibilities for measurable improvements.
- Age between 18 and 65 years.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Poor Dutch language.
- Complex psychiatric problems which requires special mental health care.

Onderzoeksopzet

Opzet

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

Deelname

Nederland
Status: Werving nog niet gestart
(Verwachte) startdatum: 01-05-2015
Aantal proefpersonen: 33
Type: Verwachte startdatum

Ethische beoordeling

Positief advies
Datum: 01-04-2015
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 42118
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL4983
NTR-old	NTR5128
CCMO	NL50778.044.15
OMON	NL-OMON42118

Resultaten