

A relapse prevention programme for patients with (partially) remitted anxiety and depression: the GET READY study

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The aim of this study is to implement and evaluate a guided self-help online relapse prevention programme for patients who are completely or partially in remission from anxiety and/or depressive disorders, and who previously received treatment in...

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

Samenvatting

ID

NL-OMON28629

Bron

NTR

Verkorte titel

GET READY: Guided E-health for Relapse prevention in Anxiety and Depression

Aandoening

Anxiety Disorder, Depression, Major Depressive Disorder, Angststoornis, Depressieve stoornis

Ondersteuning

Primaire sponsor: Hogeschool Inholland, GGZ inGeest, VU Medical Center, VU University

Overige ondersteuning: RAAK publiek Regieorgaan SIA

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Primary outcome will be change in anxiety and depression scores, measured with the BAI, IDS-SR, ASI and weekly diary scores.

Toelichting onderzoek

Achtergrond van het onderzoek

In this study, a relapse prevention program for patients (partially) in remission from anxiety and depression will be developed, implemented and evaluated. Patients will receive access to an online programme and have contact with a mental health professional every three months. Both quantitative and qualitative data will be collected to measure 1) the extent to which patients make use of the relapse prevention programme; 2) the factors that influence the use of the programme; 3) the association between usage intensity and course of symptoms; 4) barriers and facilitators in implementation of the programme; and 5) how patients evaluate the programme.

Doel van het onderzoek

The aim of this study is to implement and evaluate a guided self-help online relapse prevention programme for patients who are completely or partially in remission from anxiety and/or depressive disorders, and who previously received treatment in mental healthcare services.

Onderzoeksopzet

Quantitative data: baseline, 3, 6 and 9 months

Qualitative data: after dropout or completion of the programme

Onderzoeksproduct en/of interventie

Patients receive access to an E-health platform, combined with regular contact with a mental health professional in general practices. The online programme consists of three basic components and 12 optional modules. The three basic components are: 'Relapse psychoeducation', 'Relapse prevention plan', and 'Mood & anxiety diary'. The optional modules are for example 'exposure', 'relaxation', 'behavioral activation' and 'sleep. About once every three months patients have face-to-face contact with their mental health professional to discuss the use of the programme and check whether additional support is needed.

Contactpersonen

Publiek

GGZ inGeest
Esther Krijnen-de Bruin

0207884668

Wetenschappelijk

GGZ inGeest
Esther Krijnen-de Bruin

0207884668

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Inclusion criteria are: patients have completed their treatment for anxiety and/or depression within the last two years, have a score on the Global Assessment of Functioning scale (GAF) of 50 or higher, are at least 18 years old, and have sufficient command of the Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Patients are excluded if they participate in another structured psychological intervention, when they do not have access to the internet, or when the severity of a comorbid psychiatric disorder requires specialised treatment.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	22-03-2017
Aantal proefpersonen:	126
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies	
Datum:	25-10-2018
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	NL7366
NTR-old	NTR7574
Ander register	RAAK publiek Regieorgaan SIA : 2015-02-36P

Resultaten