The effect of the Positive Assertiveness Training.

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1. The Positive Assertiveness Training has a possitive effect on assertiveness, social anxiety, happiness and self-esteem; 2. The Positive Assertiveness Training has no effect on empathy; 3. The effect of the Positive Assertiveness Training is...

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

Samenvatting

ID

NL-OMON28800

Bron
NTR

Aandoening

-Shyness
-Social anxiety
-Loneliness
-Assertiveness

-Verlegenheid
-Sociale angst
-Eenzaamheid
-Assertiviteit

Ondersteuning

Primaire sponsor: Instituut voor Positieve Psychologie
Vrije Universiteit Amsterdam
Instituut voor Positieve Psychologie

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Overige ondersteuning: fund = initiator = sponsor

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Assertiveness;
2. Empathy.

Toelichting onderzoek

Achtergrond van het onderzoek

There is an abundance of evidence that assertiveness training is effective for enhancing social skills in populations with psychopathology. Studies into the effect of social competence training on healthy individuals, however, are scarce. This study is positive psychological in scope in the sense that we want to examine the effect of the Positive Assertiveness Training (PAT) and the electronic Positive Assertiveness Training on social competence in a non-clinical population, while controlling for lower empathy as a possible negative result. Secondary research questions involve the effect of social competence on self-esteem and happiness and maintenance of effect at 6 months.

We will conduct a three-armed randomized controlled trial. Participants from the general population from 18 years on without major psychopathology will be randomized to take part in the Positive Assertiveness Training (PAT) or a digital version of the training (ePAT) versus a waiting list condition. The primary measures are assertiveness and empathy. Secondary outcomes are self-esteem and happiness. Assessment will take place at baseline, after the training is finished and six months after that. Acquaintances of the participants are also asked to fill in questionnaires to provide so called "other ratings" on the primary measures.

Doel van het onderzoek

1. The Positive Assertiveness Training has a possitive effect on assertiveness, social anxiety, happiness and self-esteem;

2. The Positive Assertiveness Training has no effect on empathy;

3. The effect of the Positive Assertiveness Training is still there after six months.

Onderzoeksopzet

1. One week before the training starts;

2. One week after the training ends;

3. Six months after the training ends.

Methods of measurement:

1. Positive Assertiveness Scale (PAS): This scale was made specifically for this research to measure positive assertiveness, using items from both the College Self-Expression Scale (GSES) and the RAS Rathus Assertiveness Schedule (RAS) and extra items concerning positive assertiveness designed by the researcher;

2. Inventory of Interpersonal Situations (ISS): This is a questionnaire used to measure social anxiety and social skills;

3. Other rating: Both the PAS and the ISS were rephrased such that they were referring to the other person;

4. NEO Personality Inventory-Revised facets altruism and tender mindedness: These two facets from the attitudinal dimension of the NEO-PI-R are used to measure empathy;

5. Self-Liking Self-Competence (SLSC): This scale is used to measure self-esteem as a combination of competence and worthiness;

6. Happiness Measures (HM): This scale is used to measure happiness.

Onderzoeksproduct en/of interventie

1. Positive Assertiveness Training (PAT): Grouptraining consisting of six weekly training sessions of two hours each;

2. Electronic Positive Assertiveness Training (ePAT): Electronic training. Consisting of six weekly modules of videos and text;

3. Control intervention: Waiting list.

Contactpersonen

Publiek

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Older than 18;

2. Able to speak and read Dutch to an extent where an interpreter is not needed for completion of the questionnaires and the training;

3. Symptom Check List 90 Revised-score lower than 169 for males or lower than 203 for females
-Gives informed consent.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Younger than 18;

2. Not able to speak and read Dutch to an extent where an interpreter is not needed for completion of the questionnaires and the training;

3. Symptom Check List 90 Revised-score higher than 169 for males or higher than 203 for

females;

4. Does not give informed consent.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	04-06-2012
Aantal proefpersonen:	150
Type:	Verwachte startdatum

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	NL3264
NTR-old	NTR3417
Ander register	WC VUmc : 2012-088
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A