

Leer te Durven! (Learn to dare!)

Gepubliceerd: 17-09-2017 Laatste bijgewerkt: 18-08-2022

- Offering the CBT training 'Learn to dare' will decrease child anxiety - The CBT training will decrease child anxiety via the decrease of dysfunctional cognitions and avoidance behavior - The child's cognitive developmental level...

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

Samenvatting

ID

NL-OMON28962

Bron

NTR

Verkorte titel

ESI

Aandoening

Anxiety

Angst

Ondersteuning

Primaire sponsor: Open University Netherlands

Overige ondersteuning: Fonds Psychische Gezondheid

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Anxiety diagnoses

Toelichting onderzoek

Achtergrond van het onderzoek

Anxiety difficulties in children often result in anxiety disorders and anxiety difficulties as well as anxiety disorder are highly continuous. Anxiety disorders are the most prevalent type of psychopathology in children. Cognitive Behavior Therapy is an effective method of reducing anxiety difficulties. However, children cannot profit optimally from CBT due to three barriers. First, only 20% of the children with anxiety disorders receive a training or treatment to treat the disorder. This is due to accessibility and availability of the treatment. Second, the working mechanisms of CBT in children have not been identified. Based on the theoretical models of CBT in adults, children are often offered strategies to change their cognitions and to reduce avoidance behavior. However, empirical studies on the working mechanisms of cognitive and behavioral strategies in children are only limited and incomplete. Third, interventions are not sufficiently adapted to suit the specific needs of children, because it is not clear in which children CBT works well, and in which children CBT works less well. Possibly, the developmental level of children strongly affects the amount to which children can profit from CBT.

The current project aims to address these three barriers that obstruct children from profiting optimally from CBT. For this purpose, an easy accessible, online, CBT-based training for anxious children (aged 8-13 years) will be developed and assessed on its efficacy by performing a randomized controlled trial (barrier 1). It will be examined whether the training sorts its effects via reducing dysfunctional cognitions and via reducing avoidance behavior (barrier 2). Finally, the effect of the cognitive developmental level on the training's working mechanisms will be studied (barrier 3). Both increasing CBT's availability for anxious children by offering an online training, and providing insight into the working mechanisms and elements that affect CBT's efficacy, will contribute to the optimisation of CBT for anxious children.

Doel van het onderzoek

- Offering the CBT training 'Learn to dare' will decrease child anxiety
- The CBT training will decrease child anxiety via the decrease of dysfunctional cognitions and avoidance behavior
- The child's cognitive developmental level will directly affect the decrease of dysfunctional cognitions but not the decrease of avoidance behavior
- High levels of child's cognitive developmental level will establish a synergetic positive effect of the working mechanisms dysfunctional cognitions and avoidance behavior
- Low levels of child's cognitive developmental level will not add to the effect of decreasing child anxiety

Onderzoeksopzet

5

Onderzoeksproduct en/of interventie

CBT

Contactpersonen

Publiek

Ellin Simon
Department of Psychology
Chiba, room 2.11
Heerlen 6401 DL
The Netherlands
0032487167063

Wetenschappelijk

Ellin Simon
Department of Psychology
Chiba, room 2.11
Heerlen 6401 DL
The Netherlands
0032487167063

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Children, aged 8-13 years, with:

- high anxiety levels
- with a specific phobia

- with mild anxiety disorders (i.e. minimal interference)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Children with severe anxiety disorders, other than specific phobias. Severe anxiety disorders are characterized by high interference.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-05-2018
Aantal proefpersonen:	240
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	NL6911
NTR-old	NTR7106
Ander register	METC : 173019

Resultaten