Preventing childhood anxiety disorders: Is a video game as effective as a CBT-based program?

Gepubliceerd: 24-02-2015 Laatst bijgewerkt: 18-08-2022

This study will use a randomized controlled trial (RCT) to evaluate the effectiveness of two interventions: MindLight and Coping Cat. The video game MindLight is a newly developed anxiety-reducing intervention for children. Children will play the...

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

Samenvatting

ID

NL-OMON29118

Bron
Nationaal Trial Register

Verkorte titel
n.a.

Aandoening

Anxiety, anxiety disorder, angst, angststoornis

Ondersteuning

Primaire sponsor: Radboud University Nijmegen, Behavioural Science Institute
Overige ondersteuning: NWO, Radboud University Nijmegen, Behavioural Science Institute

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Child scores on the Spence Children's Anxiety Scale (SCAS-C) and parent scores of the Spence Children's Anxiety Scale (SCAS-P).

Toelichting onderzoek

Achtergrond van het onderzoek

In this randomized controlled trial (RCT with 2 conditions: MindLight and Coping Cat) the effectiveness of two interventions will be evaluated. Children (ages 8-12) with elevated levels of anxiety are randomly assigned to play MindLight 6 times for 50 minutes after school or to complete 8 sessions of the CBT-based prevention program Coping Cat (2 of 1,5 hours and 6 of 1 hour). Measurements of primary and secondary outcomes will be conducted in the study a week before, a week, 3 months and 6 months after the intervention.

Doel van het onderzoek

This study will use a randomized controlled trial (RCT) to evaluate the effectiveness of two interventions: MindLight and Coping Cat. The video game MindLight is a newly developed anxiety-reducing intervention for children. Children will play the video game for 6 sessions. Coping Cat is an evidence based anxiety prevention program based on cognitive behavioral therapy and children will complete 8 sessions. The sample consists of Dutch primary school children in the age range of 8 to 12 years old with elevated levels of anxiety. It is hypothesized that children in both conditions will show a decrease in anxiety levels. Children´s coping abilities, as well as parental anxiety and stress levels will be included as moderators.

Onderzoeksopzet

Screening using SCAS-C; pretest assessing all primary & secondary outcomes (1 week before start intervention); post-test assessing all primary and secondary outcomes (1 week after intervention); follow-up assessing all primary and secondary outcomes (3 and 6 months after post-test).

Onderzoeksproduct en/of interventie

Children will be randomly assigned to either the MindLight or the Coping Cat condition. Both conditions start with a pre-test to assess anxiety symptoms through a questionnaire. At the same time parents will fill out a questionnaire. In the Mindlight condition children play 6 sessions of Mindlight for 50 minutes each. Children in the Coping Cat condition complete the program in 8 sessions (2 of 1,5 hours and 6 of 1 hour). Sessions in both conditions take place once a week at school after class. One week after the intervention, the children will complete the same questionnaire as used in the pre-test. Also parents are asked to complete the same questionnaire. Three and six months later, a follow-up test will be conducted asking parents and children to fill out the same questionnaires again.

Contactpersonen

Publiek

PO Box 9104
E.A. Schoneveld
Nijmegen 6500 HE
The Netherlands
+31(0)243611614

Wetenschappelijk

PO Box 9104
E.A. Schoneveld
Nijmegen 6500 HE
The Netherlands
+31(0)243611614

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Primary school children in grades 5 till 8 (8-12 years old) will be screened using het Spence Children's Anxiety Scale. Active consent from parents is required for participation in screening. All children scoring > 1 SD above the mean (Muris, 2000) on at least two subscales (except for the OCD subscale) or on the total score of the SCAS will be contacted to participate in the study. Active consent from parents is required to participate in the intervention.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Parents declining participation of their child in either the first or second consent opportunity; children scoring < 1 SD above the mean on subscales (except for the OCD subscale) or on the total score of the SCAS; children currently in treatment for anxiety problems; children with a diagnosis of OCD and/or PTSS.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	09-02-2015
Aantal proefpersonen:	135
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	24-02-2015
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	NL4739
NTR-old	NTR4993
Ander register	METC : EC2013-0410-139a1

Resultaten

Samenvatting resultaten
n.a.