

Verbal suggestion and relaxation

Gepubliceerd: 13-04-2017 Laatste bijgewerkt: 18-08-2022

The aim of the study is to investigate whether a verbal suggestion concerning the relaxation exercises alone or in combination with actually performing relaxation exercises can alter self-reported stress and psychophysiological measurements of...

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

Samenvatting

ID

NL-OMON29219

Bron

Nationaal Trial Register

Verkorte titel

Verbal suggestion and relaxation

Aandoening

In this study, the effects of a verbal suggestion considering the effectiveness and working mechanisms of relaxation exercises on acute stress responses are investigated, with or without receiving relaxation exercises.

In deze studie worden de effecten van een verbale suggestie rondom de effectiviteit en werkingsmechanismen van ontspanningsoefeningen op acute stress reacties onderzocht, met of zonder het krijgen van de ontspanningsoefeningen.

Ondersteuning

Primaire sponsor: Leiden University

Overige ondersteuning: European Research Council Consolidator Grant

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary study outcome is self-reported state anxiety, as measured by the 6-item Shortened State-Trait Anxiety Inventory State version.

Toelichting onderzoek

Achtergrond van het onderzoek

Prior research demonstrated that relaxation exercises can alleviate stress responses after an acute stressor. The underlying effective mechanisms of relaxation exercises are, however, not yet clear. No studies up till now have examined whether acute stress could also be optimized when participants do not perform the relaxation exercises, but are solely instructed about the effectiveness and actions of the relaxation exercises. Therefore, in the present study it is investigated whether a verbal suggestion considering the effectiveness and working mechanisms of relaxation exercises can alleviate stress responses after an acute stressor.

Doel van het onderzoek

The aim of the study is to investigate whether a verbal suggestion concerning the relaxation exercises alone or in combination with actually performing relaxation exercises can alter self-reported stress and psychophysiological measurements of stress after an social-evaluation task as an acute stressor.

Onderzoeksopzet

First, participants are screened through an online questionnaire in order to check the eligibility criteria. When they are eligible to take part in the study, they are invited to one lab session. During the lab session, participants complete questionnaires, a resting measurement of their heart rate and skin conductance is performed, and cortisol and alpha amylase measures are taken. They are then randomized to one of the four conditions as described above.

Subsequently, participants perform the social-evaluation stress task, the Trier Social Stress Test. After 10 and 20 minutes upon completion of the Trier Social Stress Test, they again have to complete several questionnaires, resting measurement and saliva sample on three subsequent time points. At the end, they are debriefed about the actual purpose of the study.

Onderzoeksproduct en/of interventie

This randomized controlled experiment involves four conditions, in which: (1) a verbal

suggestion considering the effectiveness and working mechanisms of relaxation exercises is provided, without performing the relaxation exercises, (2) relaxation exercises are performed and a verbal suggestion considering the effectiveness and working mechanisms of relaxation exercises is provided, (3) relaxation exercises are performed without providing a verbal suggestion, and (4) puzzles were performed in a control condition.

Contactpersonen

Publiek

A.W.M. Evers
[default]
The Netherlands

Wetenschappelijk

A.W.M. Evers
[default]
The Netherlands

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Between 18 and 35 years old
2. Good understanding of written and spoken Dutch

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Severe psychological and/or somatic conditions
2. Regular alcohol use (> 3 units a day)
3. Current or recent life events (≥ 3 months ago)

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Placebo

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	13-03-2017
Aantal proefpersonen:	120
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	13-04-2017
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	NL6220
NTR-old	NTR6392
Ander register	CEP Leiden University : CEP17-0102/1

Resultaten

Samenvatting resultaten

n/a