Prevention of depression and anxiety in adolescents through the Internet.

Gepubliceerd: 23-05-2008 Laatst bijgewerkt: 18-08-2022

The Internet-based self-help intervention is effective in reducing adolescents´ symptoms of depression and/or anxiety.

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

Samenvatting

ID

NL-OMON29466

Bron
NTR

Verkorte titel
N/A

Aandoening

Depression, anxiety, adolescence, problem solving therapy (PST), prevention, intervention, RCT.

Depressie, angst, adolescentie, PST, preventie, interventie, RCT.

Ondersteuning

Primaire sponsor: Department of Clinical Psychology, VU University Amsterdam
Overige ondersteuning: ZonMW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Depressive symptoms
- Anxiety symptoms
- Quality of life.

Toelichting onderzoek

Achtergrond van het onderzoek

The study is directed at adolescents who report mild to moderate depressive and/or anxious symptoms. Participating adolescents receive a web-based self-help intervention which is based on problem solving and self-examination therapy. The effects of the intervention will be studied in a randomized controlled trial. Adolescents are randomized to the intervention or wait-list control group. Participants in the control group receive information about depression and anxiety through a website for adolescents. They are able to attend the intervention after the second follow-up (4 months after the start of the intervention).

Doel van het onderzoek

The Internet-based self-help intervention is effective in reducing adolescents´ symptoms of depression and/or anxiety.

Onderzoeksopzet

Before the start of the intervention, directly after the intervention (5 weeks), and 4 months, 7 months, and 12 months after the start of the intervention.

Onderzoeksproduct en/of interventie

The intervention concerns a web-based self-help Problem Solving Therapy (PST). The intervention consists of 5 lessons, one lesson a week. The effects of the intervention will be studied in a randomized controlled trial. Adolescents are randomized to the intervention or wait-list control group. Participants in the wait-list control group are able to attend the intervention 4 months after the start of the intervention.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Mild to moderate depression and/or anxiety

2. Age between 12 and 18 years

3. Having access to email and a computer with broadband Internet access

4. Willingness to participate

5. Informed consent from participant and parents.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Possible severe depressive (CES-D > 44) and/or anxiety symptoms (HADS > 14)

2. Suicidal intentions (BDI-II suicide item > 1)

3. Already receiving treatment for mental health issues.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-11-2008
Aantal proefpersonen:	210
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	23-05-2008
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	NL1276
NTR-old	NTR1322
Ander register	: 120610006
ISRCTN	ISRCTN wordt niet meer aangevraagd

Resultaten

Samenvatting resultaten
N/A