

# A randomized controlled trial to evaluate the effectiveness of a videogame intervention (Dojo) for anxious-aggressive adolescents.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON25303

### Source

Nationaal Trial Register

### Health condition

Aggression, Anxiety, Intervention, Biofeedback, Adolescents

## Sponsors and support

**Primary sponsor:** Radboud University Nijmegen, Behavioural Science Institute

**Source(s) of monetary or material Support:** Radboud University Nijmegen, Behavioural Science Institute, Pluryn, Gamedesk

## Intervention

## Outcome measures

### Primary outcome

Aggressive behavior: Strengths and Difficulties Questionnaire (SDQ). Self-report and group home mentor report.

Anxiety symptoms: Spence Children's Anxiety Scale (SCAS). Self-report and group home

mentor report.

## **Secondary outcome**

1. Self-efficacy: Self-Efficacy Questionnaire for Children (SEQ-C). Self-report.

# **Study description**

## **Background summary**

In this randomized controlled trial (RCT with two conditions, intervention and control group) the effectiveness of the videogame Dojo will be compared to treatment as usual in a Dutch sample of adolescent youths with clinically elevated levels of aggression and anxiety. The experimental condition, 'Dojo', will consist of eight sessions of 30 minutes of playing the videogame 'Dojo'. The control condition will receive treatment as usual, a cognitive behavioural based therapy approach. Measurements of primary and secondary outcomes will be conducted in the experimental and control group at baseline, immediately after treatment, and four months after the last session.

## **Study objective**

The main aim of this project is to conduct a randomized controlled trial (RCT) to evaluate the effectiveness of the videogame Dojo as an intervention for anxious-aggressive youths in residential treatment. The effectiveness of Dojo will be compared to treatment as usual in a Dutch sample of adolescent youths with clinically elevated levels of anxiety and aggression. It is hypothesized that the youths who play Dojo will show lower levels of anxiety and aggression in comparison with the youths who receive treatment as usual at measurements post-treatment and four month follow-up.

## **Study design**

1. Pretreatment (all primary and secondary outcomes);
2. Posttreatment (all primary and secondary outcomes);
3. Four months after the last session (follow-up; all primary and secondary outcomes)

## **Intervention**

Youths are randomly assigned to one of two conditions.

1. The experimental condition, 'Dojo', will consist of 8 sessions of 30 minutes of playing the videogame 'Dojo' (4 weeks, twice a week). These sessions will take place in their therapy buildings during school time under supervision of a researcher.
2. The control condition will receive treatment as usual, a cognitive behavioural based therapy approach.

## Contacts

### Public

Radboud University Nijmegen  
Montessorilaan 3 room 06.11a  
A.A.T. Schuurmans  
Nijmegen 6525 HR  
The Netherlands  
+3124-3612551

### Scientific

Radboud University Nijmegen  
Montessorilaan 3 room 06.11a  
A.A.T. Schuurmans  
Nijmegen 6525 HR  
The Netherlands  
+3124-3612551

## Eligibility criteria

### Inclusion criteria

1. Youths in residential treatment for conduct problems (ages 12-17);
2. Informed consent from youths and parents (or legal guardian);
3. Clinically elevated symptoms of anxiety, based on therapist judgment or the Youth Self Report.

### Exclusion criteria

1. Diagnosis of an Autism Spectrum Disorder.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial

Masking:	Open (masking not used)
Control:	Active

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	17-03-2014
Enrollment:	40
Type:	Anticipated

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL4329
NTR-old	NTR4477
Other	: 2013-1811-154 ECG

## Study results