

Reducing suicidal thoughts: effectiveness of a web-based self-help intervention: a randomised trial.

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In order to reach suicidal people that do not seek help, a new preventive strategy is necessary. The internet may be key in providing such intervention. This study therefore aims at testing the effectiveness of a web-based self-help intervention for...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON32816

Source

ToetsingOnline

Brief title

Reducing suicidal thoughts: a web-based self-help intervention.

Condition

- Other condition

Synonym

Suicidal thinking, thoughts about self-harm

Health condition

gedachten aan suïcide en automutilatie

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit

Source(s) of monetary or material Support: ZonMW

Intervention

Keyword: Internet, Prevention, Self-help, Suicidal thoughts

Outcome measures

Primary outcome

Primary outcome measure is the reduction of suicidal thoughts in frequency and intensity.

Secondary outcome

Secondary outcome measures are the reduction of suicide attempts, hopelessness, anxiety, depression, insomnia and worrying. In addition, the increase in the frequency with which participants follow the advice to contact their GP or a (mental) health care professional is an outcome measure.

Study description

Background summary

Suicide, attempted suicide and suicidal thoughts are a major problem in Dutch society. Many people with suicidal thoughts do not seek help. This may be out of shame, due to fear of stigma or because they do not have faith in (mental) health care. There are indications that these persons do seek help on the internet (e.g. information on suicidality or contact with fellow sufferers). The internet has the advantage of being anonymous and easily accessible at convenient times.

There are many websites that deal with suicide. Such websites often provide information on suicidality, a possibility to contact fellow sufferers and sometimes the opportunity to chat with a professional or a trained volunteer. However, little is known about the effectivity of such websites.

Also with respect to the treatment of suicidality, effectivity research is limited, especially randomised controlled trials. From the studies that have

been carried out, it appears that Cognitive Behavioural Therapy, Dialectical Behavioural Therapy and Problem Solving Therapy are effective. In addition, a limited number of self-help books for people with suicidal thoughts has been published. Their effectivity has not yet been studied. Self-help interventions for several other disorders, such as anxiety, depression, insomnia and eating disorders, have already been found effective.

Study objective

In order to reach suicidal people that do not seek help, a new preventive strategy is necessary. The internet may be key in providing such intervention. This study therefore aims at testing the effectiveness of a web-based self-help intervention for people with suicidal thoughts. In this way, suicidal people can be reached in early stages of their suicidal development.

Study design

The effects of the intervention will be studied in a randomised controlled trial. Adults who meet the inclusion criteria are randomised to the intervention or the control condition. Participants in the control condition receive access to an information-only website. After six weeks they also receive access to the intervention.

Intervention

The self-help intervention is based on Cognitive Behavioural Therapy. By means of exercises participants learn to gain control over, and reduce their suicidal thoughts. Besides this, attention is given to emotion regulation, future perspectives and self-esteem.

Study burden and risks

The burden associated with participation consists of filling in questionnaires 5 times. In addition, participants are requested to practice twice a day during 15 minutes. There are no risks associated with participation.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

18 years and over.

Mild to moderate suicidal thoughts.

Exclusion criteria

No suicidal thoughts

Severe suicidal thoughts

Severe depression

Study design

Design

Study type:

Interventional

Intervention model:

Parallel

Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Prevention

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	09-10-2009
Enrollment:	260
Type:	Actual

Ethics review

Approved WMO	
Date:	09-10-2008
Application type:	First submission
Review commission:	METC Amsterdam UMC

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
CCMO	NL24393.029.08