

# Effect on avoidance patterns in the treatment of depression: behavioral activation by graded task assignment. A comparative nursing intervention research.

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In this study the effect of adding graded task assignment to standard treatment with behavioral activation are examined on avoidance patterns in patients with depression. Treatment objectives will be granted by gradual task assignment into sub-...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Mood disorders and disturbances NEC
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON35207

### Source

ToetsingOnline

### Brief title

Effect of graded task assignment on avoidance patterns

### Condition

- Mood disorders and disturbances NEC

### Synonym

depression, depressive disorder

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Academisch Medisch Centrum

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** avoidance patterns, behavioral activation therapy, depression, gradual goals

## Outcome measures

### Primary outcome

The CBAS (questionnaire) to measure the degree of avoidance in 4 areas (social behavioral, non-social behavioral, social cognition, social cognition and not.

### Secondary outcome

The IDS-SR (questionnaire) to measure severity of depression.

The SCL-90 (questionnaire) to the overall level of mental and physical well-being measure.

## Study description

### Background summary

From recent research, there is increasing interest in avoidance in the behavioral activation therapy for depression. Avoidance is the most important factor in sustaining depression. Avoidance may cause the patient to not achieve their treatment goals. Graded task assignment (treatment goals divided into small weekly increments) ensures that during treatment, patients continue to focus on goals. Moreover, avoidance will be quickly visible, so this can intervene. There is little research on the effect of weekly goals to the avoidance of patients with depression. Research on goals in sport and in education is promising.

### Study objective

In this study the effect of adding graded task assignment to standard treatment with behavioral activation are examined on avoidance patterns in patients with depression. Treatment objectives will be granted by gradual task assignment

into sub-objectives accompanied with weekly planning.

## **Study design**

The patients will be distributed into two groups (Group A and Group B). Intervention Group A will receive the standard treatment supplemented with gradual task allocation. Control group B will receive the standard treatment. Patients are randomized to groups A and B. There will be stratified on the severity of the depression and the outpatient group where patients are treated. A minimisation module will be used to achieve an equal distribution of patients.

## **Intervention**

Treatment objectives will be granted by gradual task assignment into sub-objectives with accompanying weekly plan. The patient is asked to write a daily brief report on the progress of these agreements. These agreements are reviewed weekly and adjusted as necessary in the nurse conversations.

## **Study burden and risks**

The study will hardly be of a burden to the patient.

## **Contacts**

### **Public**

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## **Trial sites**

## Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

- \* Age: between 18 and 65
- \* Both sexes
- \* Three-day treatment program at the day care by Zorgprogramma Stemmingsstoornissen AMC
- \* IDS-SR>22

### Exclusion criteria

- \* Patients who lack management of the Dutch language to follow the treatment and fill the measurement lists
- \* Patients with severe suicidal crisis where a hospitalization is necessary for stabilization.
- \* Patients with psychotic depression according to DSM-IV.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Health services research

## Recruitment

NL  
Recruitment status: Recruitment stopped  
Start date (anticipated): 01-10-2012  
Enrollment: 70  
Type: Actual

## Ethics review

Approved WMO  
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	NL37780.018.11