

E-care 4 caregivers

Gepubliceerd: 30-06-2015 Laatste bijgewerkt: 18-08-2022

This pilot intervention has two main hypotheses: 1) The online self-management course for the non-professional caregiver of a depressive patient is accessible and feasible; and 2), The online self-management course will increase mental resilience...

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

Samenvatting

ID

NL-OMON24595

Bron

Nationaal Trial Register

Verkorte titel

Not applicable

Aandoening

subjective experienced caregiver burden and psychological symptoms (depression, anxiety and stress).

Ondersteuning

Primaire sponsor: Primary: VU University of Amsterdam (VU Amsterdam), department of Clinical Psychology. Secondary: Depression Association (Depressie Vereniging).

Overige ondersteuning: Mental Health fund (Fonds Psychische Gezondheid) ID20146819, VSB fund ID20141096, NutsOhra fund ID1303065.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Psychological stress as measured by the Kessler-10

Toelichting onderzoek

Achtergrond van het onderzoek

Background: Informal caregivers are highly important in everyday life for depressed patients. Yet, informal caregivers experience more overburdening, stress- and anxiety symptoms. Methods and design: An online self-management intervention will be developed and studied in a pilot-RCT (N=40). In stage one, the intervention will be developed using results from a literature study and two focus groups (professionals and 'experts by experience'). In stage two, participants will be recruited and randomly assigned to one of two conditions: experimental and waitlist control group. Participants will be assessed at baseline and post-test. Primary outcome measure is subjective experienced burden. Secondary outcome measures are psychological stress, depression, anxiety and quality of life. A qualitative analysis will be performed post-intervention assessing user-friendliness and feasibility satisfaction. Discussion: This intervention could potentially benefit informal caregivers as well as patients and professionals indirectly. It could also lead to a more comprehensive healthcare structure around depressed people.

Doel van het onderzoek

This pilot intervention has two main hypotheses: 1) The online self-management course for the non-professional caregiver of a depressive patient is accessible and feasible; and 2), The online self-management course will increase mental resilience and self-reliance, improve quality of life, prevents and/or decreases subjective experienced burden and psychological symptoms in the non-professional caregiver (depression, anxiety and stress).

Onderzoeksopzet

There will be a pre-and a post-test measurement, using the following questionnaires: Kessler-10, Generalized Anxiety Disorder scale, EUROQOL, Pearlin Mastery Scale, Zarit Burden Interview and the System Usability Scale. There will also be a qualitative semi-structured telephone interview post-intervention.

Onderzoeksproduct en/of interventie

Intervention group: online intervention based on CBT principles and psychoeducation, waitlist control group.

Contactpersonen

Publiek

Clinical Psychology, faculty of Behavioral- and Movement Sciences of the Free University of Amsterdam.

Lisette Bijker

van der Boechorststraat 1

Amsterdam 1081 BT

The Netherlands

+31 614585906

Wetenschappelijk

Clinical Psychology, faculty of Behavioral- and Movement Sciences of the Free University of Amsterdam.

Lisette Bijker

van der Boechorststraat 1

Amsterdam 1081 BT

The Netherlands

+31 614585906

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Being an informal (not necessarily the principal) caregiver for a person with depressive symptoms, minimum age of 18 years, Dutch' proficiency, access to the internet and providing informed consent.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Professional caregivers

Onderzoeksopzet

Opzet

Type:

Interventie onderzoek

3 - E-care 4 caregivers 26-06-2025

Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-09-2015
Aantal proefpersonen:	70
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies	
Datum:	30-06-2015
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	NL5128
NTR-old	NTR5268
Ander register	EMGO+ institute : WC2015-028

Resultaten

Samenvatting resultaten

Not applicable