

# ALERT: Reducing vulnerability for victimization in depressed patients through an online emotion-regulation training.

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Depressed patients have an increased risk of becoming victim of a violent crime, such as assault, sexual abuse or threat. Emotion regulation is assumed to be an underlying mechanism in both victimization and depression. Emotion dysregulation is...

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestopt       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON26288

### Bron

Nationaal Trial Register

### Verkorte titel

ALERT

### Aandoening

Depression  
Victimization  
Emotion regulation  
Psychiatric disorders  
Violence  
Abuse

### Ondersteuning

**Primaire sponsor:** GGZinGeest & Arkin Amsterdam

**Overige ondersteuning:** NWO

# Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

Victimization, as measured with the Integrale Veiligheidsmonitor (IVM; self-report questionnaire).<br>

Time-points: Baseline, and 12, 24 and 36 months after baseline.

## Toelichting onderzoek

### Achtergrond van het onderzoek

Depressed patients have a high risk of being violently victimized. This research project aims to examine the (cost-)effectiveness of an online emotion regulation training added to Treatment As Usual in reducing victimization risk in previously victimized, depressed patients.

### Doel van het onderzoek

Depressed patients have an increased risk of becoming victim of a violent crime, such as assault, sexual abuse or threat. Emotion regulation is assumed to be an underlying mechanism in both victimization and depression. Emotion dysregulation is considered to be a consequence of prior victimization and a unique predictor of future (re)victimization.

Our research project aims to reduce victimization risk in previously victimized, depressed patients, by developing and implementing an online emotion regulation training that is added to Treatment As Usual (TAU). In this online training, patients will gain control of their negative emotions by learning how to use 4 emotion regulation skills:

awareness, acceptance, analysis and modulation of emotions. Patients will be randomly assigned to either TAU or TAU + online emotion regulation training (ERT).

The main hypothesis of this project is that the addition of ERT to TAU reduces violent victimization risk significantly as compared to TAU alone. Therefore, we expect patients in the TAU+ERT condition to become victim of a violent crime less frequently than patients in the TAU condition in the follow-up period of three years.

Therefore, patients in the intervention group will demonstrate a lower frequency of victimization in the follow-up period of 36 months compared to patients in the control group.

### Onderzoekopzet

T0: Baseline (0 months)

T1: 8 weeks after start treatment

T2: 14 weeks after start treatment

T3: 6 months after baseline

T4: 12 months after baseline

T5: 24 months after baseline

T6: 36 months after baseline

### **Onderzoeksproduct en/of interventie**

Intervention: Online Emotion Regulation Training. ERT consists of 6 online sessions and online guidance by a therapist via e-mail.

Control intervention: Treatment As Usual.

## **Contactpersonen**

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## **Deelname eisen**

## **Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)**

- (1) A diagnosis of a depressive disorder according to DSM-IV criteria, with or without a concurrent anxiety disorder
- (2) An indication for evidence-based psychotherapy for MDD or anxiety disorder according to clinical practice guidelines;
- (3) Having been victim of at least one violent crime (such as a threat, assault or sexual abuse) during the past three years;
- (4) Access to a computer or tablet with internet connection;
- (5) Aged 18 years or older.

## **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

- (1) Psychotic symptoms, according to the DSM-IV;
- (2) Current high risk for suicide requiring intervention;
- (3) Insufficient understanding of the spoken and written Dutch language;
- (4) Bipolar disorder;
- (5) Substance dependency that requires treatment.

## **Onderzoeksopzet**

### **Opzet**

|                  |                        |
|------------------|------------------------|
| Type:            | Interventie onderzoek  |
| Onderzoeksmodel: | Parallel               |
| Toewijzing:      | Gerandomiseerd         |
| Blindering:      | Enkelblind             |
| Controle:        | Actieve controle groep |

## Deelname

Nederland  
Status: Werving gestopt  
(Verwachte) startdatum: 01-05-2016  
Aantal proefpersonen: 150  
Type: Werkelijke startdatum

## Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

**Wordt de data na het onderzoek gedeeld:** Nog niet bepaald

## Ethische beoordeling

Positief advies  
Datum: 04-04-2016  
Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 50172  
Bron: ToetsingOnline  
Titel:

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

| Register | ID             |
|----------|----------------|
| NTR-new  | NL5678         |
| NTR-old  | NTR5822        |
| CCMO     | NL54940.029.15 |
| OMON     | NL-OMON50172   |

## Resultaten