

# PowerCoaching: A multiple domain CBT coaching program for adolescents with attention deficit hyperactivity disorder

<b>Submission date</b> 18/04/2016	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 18/04/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 18/04/2016	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Attention deficit hyperactivity disorder (ADHD) is a common childhood disorder in which the sufferer struggles with attention, impulsiveness and hyperactivity. Almost all treatments for ADHD have been adjusted for treating children or adults, and little research has been done to evaluate their effectiveness in adolescents. Adolescence is a time involving rapid physical, mental and social development takes place, which can lead to feelings of inner turmoil, emotional instability and negative mood. Adolescents with ADHD have a high risk of experiencing problems in development in these areas because of issues with being able to manage disruptive emotions and impulses. PowerCoaching is an ADHD treatment specifically designed for adolescents. The aim of this study is to evaluate the effectiveness of this treatment.

### Who can participate?

Adolescents with ADHD between the ages of 12 and 18 years old.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group receive PowerCoaching immediately. This involves sessions at the participant's home every week for 18 weeks. The sessions last for about an hour and involve discussions about a range of topics and the teaching of strategies to help cope with ADHD related problems. Those in the second group receive treatment as usual for the 18 weeks of the study. Participants in both groups complete a number of questionnaires at the start of the study and then again after 18 weeks. After participants in both groups are assessed, participants in this group are able to take part in the PowerCoaching, but no further measurements are taken.

### What are the possible benefits and risks of participating?

The coaching program may benefit participants in helping them to cope with daily problems related to ADHD and improve their quality of life. There are no notable risks involved with taking part in the study.

Where is the study run from?  
Yulius Academie (Netherlands)

When is the study starting and how long is it expected to run for?  
February 2014 to December 2016

Who is funding the study?  
Yulius (Netherlands)

Who is the main contact?  
S. Kapiteijn, MSc.  
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## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
An RCT pilot of treatment as usual compared to PowerCoaching: An multiple domain CBT coaching program for adolescents between 12 and 18 years old with Attention Deficit Hyperactivity Disorder

**Study objectives**

1. Adolescents' quality of life is enhanced after participating in PowerCoaching compared to a control condition
2. Adolescents in the intervention condition will show more self-efficiency and selfregulating behavior and less psychosocial problems than adolescents in the control condition

**Ethics approval required**  
Old ethics approval format

## **Ethics approval(s)**

Medisch Ethische Toetsings Commissie TWOR, 06/03/2014, ref: MEC-2013\_50, general reference number: NL47364.101.13

## **Study design**

18-week immediate versus delayed intervention randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Attention deficit hyperactivity disorder (ADHD) and problems in daily functioning

## **Interventions**

Adolescents are randomized to one of two groups:

Immediate treatment group: Participants receive the PowerCoaching for a total of 18 weeks. Sessions are given once a week at the participant's home, lasting for 45 to 60 minutes, and involve the discussion of different themes (i.e. psycho-education, planning and organisation, school and study, self-image, emotion regulation, relations, risk and control and lifestyle). During the sessions, participants will learn new strategies to cope with ADHD related problems.

Delayed treatment group: For the 18 week duration of the study, participants continue as usual. Following collection of the final outcomes, the treatment is made available from week 19 to week 37.

Participants in both groups complete outcome measurements at baseline and 18 weeks.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Quality of life is measured using "Weiss Functional Impairment Rating Scale (WFRIS) excluding the subscale 'work' at baseline and 18 weeks.

## **Key secondary outcome(s)**

1. Self-efficiency measured using a self-constructed questionnaire at baseline and 18 weeks
2. selfregulating behavior measured using the Behavior Rating Inventory Executive Functions's subscales emotion regulation, planning and organizing, and organization of materials at baseline and 18 weeks
3. Psychosocial problems measured using the Strengths and Difficulties Questionnaire at baseline and 18 weeks

## **Completion date**

31/12/2016

# Eligibility

## Key inclusion criteria

1. Aged 12 to 18 years
2. An official Diagnostic and Statistical Manual of Mental Disorders (DSM)-IV ADHD diagnosis (all subtypes). The diagnosis must have been previously set by a child and adolescent psychiatrist, Healthcare psychologist, clinical psychologist or paediatrician specialized in social paediatrics. Adolescents with common diagnosed comorbid disorders (i.e., dyslexia, oppositional defiant disorder) can participate in the study as long as ADHD is the main disorder.
3. Stable ADHD treatment, both pharmacological and psychological
4. Minimum total intelligence quotient (TIQ) score must be greater than or equal to 85
5. Fluent in Dutch
6. Provision of written informed consent

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Child

## Lower age limit

12 years

## Upper age limit

18 years

## Sex

All

## Key exclusion criteria

1. Addiction to drugs or alcohol
2. Severe psychotic disorder
3. Another acute Axis-I disorder

## Date of first enrolment

12/02/2015

## Date of final enrolment

01/03/2016

# Locations

## Countries of recruitment

Netherlands

**Study participating centre**  
**Yulius Academie**  
Dennenhout 1  
Barendrecht  
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2994 GC

## Sponsor information

### Organisation

Maastad Hospital Rotterdam (Maastadziekenhuis Rotterdam)

### ROR

<https://ror.org/01n0rnc91>

## Funder(s)

### Funder type

Hospital/treatment centre

### Funder Name

Yulius

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not expected to be made available

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes