

An internet-based problem-solving training to reduce strain in teachers

Submission date 05/06/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 28/08/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 03/06/2020	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Teachers are highly affected by strain-related health problems such as depression. Recent studies have shown the effectiveness of Internet-based problem-solving therapy for symptoms of depression and strain. This study aims to test the efficacy of an Internet-based problem-solving training, adapted to the specific situation of the teachers, when compared to a waiting-list control group.

Who can participate?

Teachers with a heightened level of strain, indicated by self-rated depressive symptoms.

What does the study involve?

Participants are randomly allocated into two groups. Participants in the intervention group take part in a five-week online problem-solving training program, consisting of one lesson per week including weekly assignments and feedback by trained online coaches. Participants in the wait-list control group will get access to the training 6 months later. Self-reported symptoms of depression, strain, worrying, problem-solving skills, self-efficacy and quality of life are assessed at four points (at the start of the study, just after the training, and 3 and 6 months after the training ends).

What are the possible benefits and risks of participating?

Participants may benefit from improvements in depression, strain, worrying, self-efficacy, problem solving skills and mental health in general. There are no known risks of participating in the study.

Where is the study run from?

Department of Mental Health, Leuphana University, Lüneburg, Germany.

When is the study starting and how long is it expected to run for?

The study started in April 2012 and ended in December 2013.

Who is funding the study?

European Union.

Who is the main contact?
David Daniel Ebert
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Study website

<http://www.problemloesen-online.de>

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

Study information

Scientific Title

An internet-based problem-solving training to reduce strain in teachers: a randomized controlled trial testing the efficacy of a guided self-help problem-solving training

Study objectives

Internet-based problem-solving training is more effective in reducing depressive symptoms than a wait-list control group.

On 11/02/2013 the target number of participants was changed from 180 to 152.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Local Ethical Committee, Department for Psychology, Phillips-University of Marburg, Germany, 12/03/2012, ref: AZ: 2012-06K

Study design

Prospective randomized controlled trial with two parallel groups

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Quality of life

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Depressive symptoms

Interventions

The treatment group has access to an Internet-based training program that consists of five lessons (one per week). The intervention is based on an empirically evaluated online-based problem-solving intervention (van Straten et al., 2008; Warmerdam et al., 2008), adapted to the specific situation of teachers. The lessons include information and examples of how problems can be solved in a systematic way, how to handle unsolvable problems and how to improve well-being by boosting important things in their lives. Participants receive feedback to weekly assignments by trained online coaches.

Participants in the wait-list control group will get access to the same training 6 months after baseline assessment.

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Center for Epidemiologic Studies Depression Scale (CES-D)

Baseline assessment: 1 week before allocation to treatment groups (enrollment is still ongoing; first participant were assessed for baseline on 9th April)

Post-assessment: 7 weeks after allocation to treatment 3-months follow-up: 3 months after allocation to treatment 6-months follow-up: 6 months after allocation to treatment

Secondary outcome measures

1. Social Problem Solving Inventory (SPSI-R)
2. Perceived Stress Questionnaire (PSQ)
3. Penn State Worry Questionnaire (PSWQ)
4. Self-efficacy Scale (SWE)
5. Maslach Burnout Inventory (MBI)
6. Short-Form Health Questionnaire (SF-12)

Baseline Assessment: 1 week before allocation to treatment groups (enrollment is still ongoing; first participant was assessed for baseline on 9th April)

Post-Assessment: 7 weeks after allocation to treatment 3-months follow-up: 3 months after allocation to treatment 6-months follow-up: 6 months after allocation to treatment

Overall study start date

15/04/2012

Completion date

01/12/2013

Eligibility

Key inclusion criteria

Teachers with a heightened level of depressive symptoms [self-rated score higher than 16 on the Center for Epidemiologic Studies Depression Scale (CES-D)]

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

152

Total final enrolment

150

Key exclusion criteria

Participants with suicide ideation at time of recruitment [by a score higher than 1 on the suicide ideation question of the Beck Depression Inventory (BDI-II)]

Date of first enrolment

15/04/2012

Date of final enrolment

01/12/2013

Locations

Countries of recruitment

Germany

Study participating centre

University, Lueneburg

Lüneburg

Germany

21339

Sponsor information

Organisation

Investment & Development Bank of Lower Saxony - NBank (Germany)

Sponsor details

[Investitions- und Förderbank Niedersachsen NBank]

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info@nbank.de

Sponsor type

Government

Website

<http://www.nbank.de/>

ROR

<https://ror.org/03h3mye18>

Funder(s)

Funder type

Government

Funder Name

European Union (EU)

Funder Name

State of Lower Saxony (Germany)

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/11/2014	03/06/2020	Yes	No