

# Prevention of loneliness and depression in elderly nursing home patients living in Amsterdam using life review therapy

<b>Submission date</b> 01/02/2007	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 01/02/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 01/02/2007	<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

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

N/A

## Study information

### Scientific Title

### Study objectives

Life review therapy will have a positive effect on the level of depressive symptoms of nursing home inhabitants.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Not provided at time of registration

### Study design

Randomised controlled, parallel group trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Prevention

### Participant information sheet

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

Depressive symptoms

### Interventions

Intervention:

The life review consisted of autobiographical retrieval practice that entailed focusing on a particular life period each week - childhood, adolescence, adulthood, and summary. For each period 14 questions were asked that were designed to prompt specific memories. Examples of questions include "What did your mother or father do one day when you were a child that astonished you?".

Intervention sessions were tape-recorded and were scored by a psychologist. At pre- and post-test the following questionnaires were administered:

1. Depressive symptoms (eight-item Geriatric Depression Scale [GDS-8])
2. Cognitive functioning (Mini Mental State Examination [MMSE])
3. Mini International Neuropsychiatric Interview (MINI) (Diagnostic and Statistical Manual of

mental disorders [DSM] diagnoses depression and dysthymia)  
4. Anxiety (Hamilton Anxiety and Depression Scale [HADS])  
5. Loneliness (De Jong Gierveld Loneliness Scale)  
6. Autobiographical Memory Test (AMT)  
7. Worrying (Penn State Worry Questionnaire [PSWQ])  
8. Neuroticism (Neuroticism-Extraversion-Openness Five-Factor Inventory [NEO-FFI]-subscale)  
9. Quality of life (Dutch Scale for Subjective well-being of the elderly [SSWO], short Portable Mental Status (PMS) questionnaire, "balans opmaken vragenlijst")

Control:  
Waiting list (after three months).

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome measure**

1. Depression (GDS-8, MINI-interview) and loneliness (De Jong Gierveld Loneliness Scale)
2. Anxiety, HADS, autobiographical memory (AMT)

Post-treatment one or two weeks after ending intervention (four weeks after inclusion).

### **Secondary outcome measures**

Analysing the influence of covariates on the outcome of the life review therapy (neuroticism [NEO-FFI], worrying [PSWQ-11], quality of life)/mastery (PMS).

### **Overall study start date**

01/02/2007

### **Completion date**

01/08/2007

## **Eligibility**

### **Key inclusion criteria**

1. Aged over 65
2. Living in a nursing home
3. Normal cognitive functioning/no signs of dementia
4. No pharmacological treatment

### **Participant type(s)**

Patient

### **Age group**

Senior

### **Sex**

Both

**Target number of participants**

100

**Key exclusion criteria**

1. No or less depressive symptoms
2. Mild or severe cognitive symptoms

**Date of first enrolment**

01/02/2007

**Date of final enrolment**

01/08/2007

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**

VU University Medical Center

Amsterdam

Netherlands

1081 BT

**Sponsor information****Organisation**

VU University Medical Centre (The Netherlands)

**Sponsor details**

Department of Clinical Psychology

Van der Boechorststraat 1

Amsterdam

Netherlands

1081 BT

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.vumc.nl/english/>

**ROR**

<https://ror.org/00q6h8f30>

# Funder(s)

## Funder type

Other

## Funder Name

Stichting Nuts Ohra (The Netherlands)

# 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