

A fully automated and web-based intervention for stress management

Submission date 30/08/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 11/09/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 08/05/2013	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims:

Stress is very common and related to death and many different health conditions such as increased risk for coronary heart diseases, depression, and anxiety. Prolonged stress often causes symptoms such as fatigue, migraine, worries, lower back pain, pain in arms and shoulders that can have a negative effect on individuals and society (e.g. increased work absenteeism). Stress management methods are known to reduce levels of stress and, as a result improve psychological and physical health. Personal counselling has a limited capacity to provide stress management, but easily accessible stress management methods may be more effective for larger numbers of people.

The aim of this project is to test the effects of a web-based stress management system ('NewMe Stresse Mindre').

Who can participate?

Anyone over 18 years old, who was invited via social media, and was able to provide a valid e-mail address.

What does the study involve?

The participants were randomly allocated to two groups. One group received the web-based system and the other group received no treatment. The web-based system consisted of 13 sessions in total and lasts for about a month. In addition, participants had to fill in web-based questionnaires at 1, 2, and 6 months after starting the study. The participants in the no treatment group were given access to the web-based system after the final data was collected.

What are the possible benefits and risks of participating?

Participants may have experienced decreases in their stress levels and learned techniques and exercises that they can apply as preventive efforts or during stressful life events any time later. There were no associated or expected risks of participating.

Where is the study run from?

University of Oslo in collaboration with Changetech AS.

When is study starting and how long is it expected to run for?
The study started in mid 2011 and data collection was ended in late 2011

Who is funding the study?
Research Council of Norway

Who is the main contact?
Mr Filip Drozd
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
A fully automated and web-based intervention for stress management: a randomized controlled trial

Study objectives

1. The web-based stress management intervention is more effective in reducing levels of stress than the waitlist control group.
2. The effect of the stress management intervention is mediated through mindfulness and decisional procrastination.
3. The effects on levels of stress are not moderated by age, gender or educational levels.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Norwegian Social Science Data Services, 13 May 2011, ref: 26816

Study design

A two-armed randomized controlled trial where the experimental group receives the web-based stress management program and the control group receives no treatment (i.e. a waitlist).

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Participants from the normal population with a perceived need for stress management

Interventions

NewMe Stresse Mindre ('NewMe Less Stress') is a fully automated and web-based intervention. It consists of 13 sessions and lasts for about one month. There are three sessions per week. So every Monday, Wednesday, and Friday, users receive an email with a link to that particular sessions content. Each session is structured in two sections. The first section is psychoeducational and addresses a specific topic related to stress (e.g. procrastination or worries). The second section has different psychological techniques and exercises for dealing with stress. These techniques and exercises are related to the specific topic presented in the psychoeducational section. Furthermore, home assignments are given to do in-between sessions. NewMe Stresse Mindre takes on an eclectic approach to stress management and applies information, techniques and exercises previously documented to be effective for stress reduction. This includes information, techniques and exercises from positive psychology, metacognitive therapy, and mindfulness-based cognitive-behavioural therapy. The control group (i.e. waitlist) did not receive any other treatment. They were, however, told that they would be given access to NewMe Stresse Mindre once the final data were collected approx. 6 months after study inclusion.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

All patients were surveyed at baseline, 1, 2, and 6 months post-intervention enrollment: Depression Anxiety Stress-Stress sub-scale (DASS-S; Lovibond & Lovibond, 1995)

Key secondary outcome(s)

1. Mindful Attention Awareness Scale (MAAS; Brown & Ryan, 2003)
2. Melbourne Decision Making Questionnaire-Procrastination sub-scale (MDMQ-P; Mann, Burnett, Radford, & Ford, 1997).

Completion date

01/05/2016

Eligibility

Key inclusion criteria

All participants had to provide a valid e-mail address and be ≥ 18 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

01/05/2011

Date of final enrolment

01/05/2016

Locations**Countries of recruitment**

Norway

Study participating centre

Sletta 16

Askim

Norway

1807

Sponsor information**Organisation**

Research Council of Norway (Norway)

ROR

<https://ror.org/00epmv149>

Funder(s)

Funder type

Research council

Funder Name

Research Council of Norway ref: 187979 (Norway)

Results and Publications

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	22/04/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes