

# Talk-a-teen Whatsapp intervention for youth at risk

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 24/06/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 24/06/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Youth at risk are often in great need of professional help, which they do not receive for different reasons - limited accessibility, negative stigma, limited parental awareness, etc. The Talk-a-teen Whatsapp therapy study aims to examine the efficiency of an online textual intervention for youth at risk who report significant distress.

### Who can participate?

Participants will be high school students, between the ages of 14 - 18 years

### What does the study involve?

The study involves participating in one of three conditions: Talk-a-teen Whatsapp therapy, CBT, or a combination of the two for 8 weeks.

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

The benefits are far-reaching as this study could shed light on a new type of therapy which requires less resources and can easily be available to youth at risk all over the world. The risks are minor, as the intervention in all three conditions are given by trained clinical psychologists with at least 5 years of experience.

### Where is the study run from?

Tel-Aviv University (Israel)

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

January 2020 to January 2024

### Who is funding the study?

Investigator initiated and funded

### Who is the main contact?

Prof. Michelle Slone, [mich@tauex.tau.ac.il](mailto:mich@tauex.tau.ac.il)

## Contact information

**Type(s)**

Principal investigator

**Contact name**

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## **Additional identifiers**

**Clinical Trials Information System (CTIS)**

Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

1000

## **Study information**

**Scientific Title**

Talk-a-teen Whatsapp Intervention for youth at risk compared to cognitive behavioral therapy (CBT)

**Study objectives**

Talk-a-teen whatsapp intervention will lead to a decrease in levels of distress among youth at risk.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approval pending, the ethics committee of Tel-Aviv University

**Study design**

Interventional randomised

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Psychological distress

**Interventions**

The study includes 3 groups to which participants are randomly assigned:

1. Talk-a-teen Whatsapp intervention
2. CBT intervention
3. Combined Talk-a-teen and CBT intervention

Talk-a-teen Whatsapp Intervention: the protocol starts with an acquaintance meeting face to face between the psychologist and the participant. Thereafter, the Whatsapp therapy is conducted, in which the therapist gives 3-4 textual interventions via Whatsapp every week, for a period of 8 weeks. The interventions were based on psychoeducation, social support and CBT (Cognitive Behavioral Therapy) principles.

The CBT group received a classic CBT protocol over a period of 8 weeks.

The combined CBT and Talk-a-teen group received the classic CBT protocol with an addition of the talk-a-teen protocol between sessions, over a period of 8 weeks.

**Intervention Type**

Behavioural

**Primary outcome(s)**

Psychological distress measured by the Brief Symptom Inventory at baseline and 12 weeks.

**Key secondary outcome(s))**

There are no secondary outcome measures

**Completion date**

01/01/2024

**Eligibility****Key inclusion criteria**

1. Students in "Ort" schools which are schools for at risk youth in Israel
2. Students who will report significant distress in the pre-test battery
3. Aged 14 - 18 years

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

14 years

**Upper age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Participants who reported significant suicidal tendencies

**Date of first enrolment**

01/05/2022

**Date of final enrolment**

01/07/2022

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

Israel

**Study participating centre**

Ort Schools

Israel

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**Sponsor information****Organisation**

Tel Aviv University

**ROR**

<https://ror.org/04mhzgx49>

**Funder(s)****Funder type**

Other

**Funder Name**

Investigator initiated and funded

**Results and Publications**

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study will be stored in a publically available repository.

**IPD sharing plan summary**

Stored in publicly available repository

**Study outputs**

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