# Effective components of childhood self-esteem interventions

Submission date	Recruitment status  No longer recruiting	<ul><li>Prospectively registered</li></ul>			
15/05/2020		[X] Protocol			
Registration date	Overall study status	Statistical analysis plan			
19/05/2020	Completed	[X] Results			
Last Edited	Condition category	Individual participant data			
04/10/2022	Mental and Behavioural Disorders				

### Plain English summary of protocol

Background and study aims

Socials skills interventions for children and adolescents are widely available, and these interventions generally evaluated as complete program packages. Previous research has shown that social skills programs can be beneficial to children's and adolescents' social-emotional development. Still, at this moment, it is unclear which intervention components drive program effects. This study aims to assess the separate effects of cognitive restructuring exercises (i.e., transforming unhelpful thoughts into helpful ones) and psychophysical exercises (i.e., using body movement such as standing up straight to experience more positive cognitions) on children's self-esteem. Findings from this study may inform intervention developers and practitioners when selecting which interventions to implement.

Who can participate?

Eight- to twelve-year-old children with low self-esteem

#### What does the study involve?

Schools are randomized into one of three conditions (i.e., cognitive restructuring, psychophysical, or no-treatment control condition) and children from grades four to six that reported lower self-perceived competence and assertiveness are invited to participate in a brief group intervention. 1 week before the start of the intervention, participants whose parents gave consent to participation completed the second measurement occasion. When the intervention is finished, participants complete another measurement occasions, and once more approximately 3 months after the intervention has finished.

What are the possible benefits and risks of participating? There are no risks of participating in this study. The intervention is free to schools and participating children, and we expect the interventions to enhance children's self-esteem.

Where is the study run from? University of Amsterdam (Netherlands)

When is the study starting and how long is it expected to run for? January 2017 to March 2019

Who is funding the study? ZonMw (Netherlands Organisation for Health Research and Development)

Who is the main contact? Brechtje de Mooij, L.S.deMooij@uva.nl

### **Contact information**

### Type(s)

Scientific

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### Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

2017-CDE-8097

### Study information

#### Scientific Title

Do cognitive restructuring and psychophysical exercises enhance children's self-esteem? A microtrial into intervention components.

### **Study objectives**

This study intends to gain insight into the effectiveness of separate intervention components (i. e. cognitive restructuring and psychophysical exercises), which are included in multifaceted interventions to enhance children's self-esteem.

This study aims to answer two questions:

- 1. Is a brief group intervention with cognitive restructuring exercises effective in enhancing children's self-esteem?; (ii) Is a brief group intervention with psychophysical exercises effective in enhancing children's self-esteem?
- 2. Is there a difference in effectiveness between a brief group intervention with psychophysical exercises and with cognitive restructuring exercises?

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 26/06/2017, Ethics Review Board of the University of Amsterdam, Department of Child Development and Education (University of Amsterdam, Nieuwe Achtergracht 127, Amsterdam, 1018WS, Netherlands; +3120 525 6686; w.p.m.vandenwildenberg@uva.nl), ref: 2017-CDE-8097

### Study design

Randomized three-arm micro-trial with four measurement occasions

### Primary study design

Interventional

### Study type(s)

Prevention

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

Non-clinical low self-esteem

#### **Interventions**

Schools are randomized into a condition (i.e., cognitive restructuring condition, psychophysical condition or no-treatment control condition) and children from grades four to six that report experiencing lower self-esteem than the class average will be invited to participate in an intervention.

Schools are randomized into one of the three conditions using a random number generator. Randomization took place before inviting schools to participate in the study.

The interventions consist of four one-hour sessions, which are provided by certified professionals. Participants complete four measurement occasions: approximately five weeks before the start of the intervention, one week before the start of the intervention, one week after the intervention has ended and three months after the intervention has ended.

Three intervention modules will be assessed:

- 1. A module with cognitive restructuring exercises.
- 2. A module with psychophysical exercises.
- 3. No treatment

The modules were developed for the purpose of this study and were inspired by Dutch self-esteem interventions implemented by our clinical partners.

The cognitive restructuring module will consist of cognitive restructuring exercises only. The psychophysical module will consist of psychophysical exercises only from the Rock and Water program.

### Intervention Type

Behavioural

### Primary outcome(s)

All measurements were used at all included measurement occasions (approximately 5 weeks before the start of the intervention, 1 week before the start of the intervention, 1 week after the intervention has ended and 3 months after the intervention has ended)

- 1. Self-worth measured using the Rosenberg Self-Esteem Scale
- 2. Self-perceived competence measured using Self-Perception Profile for Children
- 3. Self-efficacy measured using General Self-Efficacy Scale

### Key secondary outcome(s))

All measurements were used at all included measurement occasions (approximately 5 weeks before the start of the intervention, 1 week before the start of the intervention, 1 week after the intervention has ended and 3 months after the intervention has ended)

- 1. Automatic thoughts measured using the Children's Automatic Thoughts Scale-Negative /Positive
- 2. Social skills measured using the Social Skills Improvement System-Rating Scales
- 3. Assertiveness measured using the Social Skills Improvement System-Rating Scales

### Completion date

31/03/2019

### **Eligibility**

### Key inclusion criteria

8- to 12-year-old children with low self-esteem compared to class levels, measured using the Self-Perception Scale for Children and the Social Skills Improvement System-Rating Scales-Assertiveness subscale

### Participant type(s)

Other

### Healthy volunteers allowed

No

### Age group

Child

### Lower age limit

8 years

### Upper age limit

12 years

#### Sex

All

### Total final enrolment

186

### Key exclusion criteria

- 1. No signs of low self-esteem
- 2. Participation in another social-emotional skills intervention
- 3. Insufficient mastery of Dutch language

### Date of first enrolment

01/05/2017

### Date of final enrolment

31/08/2018

### **Locations**

### Countries of recruitment

Netherlands

## Study participating centre University of Amsterdam

Research Institute of Child Development and Education Nieuwe Achtergracht 127 Amsterdam Netherlands 1018WS

### Sponsor information

### Organisation

University of Amsterdam

### **ROR**

https://ror.org/04dkp9463

### Funder(s)

### Funder type

Research organisation

### **Funder Name**

Netherlands Organisation for Health Research and Development

### Alternative Name(s)

Netherlands Organisation for Health Research and Development

### **Funding Body Type**

Private sector organisation

### **Funding Body Subtype**

Other non-profit organizations

### Location

Netherlands

### **Results and Publications**

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available due to lack of consent to do so.

### IPD sharing plan summary

Not expected to be made available

### **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Protocol file			28/09/2022	No	No
Thesis results		22/04/2021	28/09/2022	No	No