

# The effectiveness of looking for meaning, a life-review course for elderly with depressive symptoms. A randomised controlled trial.

**Submission date**  
14/02/2006

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
14/02/2006

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
17/08/2009

**Condition category**  
Mental and Behavioural Disorders

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

NTR541

## Study information

### Scientific Title

**Study objectives**

Looking for meaning leads to a significant reduction of depressive symptoms and a significant enhancement of wellbeing, meaning in life and quality of life with elderly with depressive symptoms in comparison to a no treatment control group.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Received from local medical ethics committee

**Study design**

Multicentre randomised single blind active controlled parallel group trial

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Depressive symptoms

**Interventions**

The course looking for meaning is the intervention. It is a group-oriented intervention of twelve sessions of two hours, conducted in groups of about ten participants. Based on certain themes, in this intervention participants are invited to take memories from their own lives. The special thing about the course is that reminiscence is linked to creative assignments. Imagination and creativity are viewed as important keys to perceived meaning, competencies and well-being. Via targeted questions, participants evaluate and re-evaluate their own lives.

The control group receive no treatment.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Depressive symptoms (Centre of Epidemiological Studies-Depression scale [CES-D], Bouma, Ranchor, Sanderman and van Sonderen 1995)
2. Well-being (Well-being Scale, Ryff and Keyes, 1995)
3. Perceived meaning (SELE Scale, Dittmann-Kohli and Westerhof 1997)
4. Quality of life (EuroQol Group 1990)

**Key secondary outcome(s))**

1. Mastery (Pearlin Mastery Scale, Pearlin and Schooler 1978)
2. Social support (van Sonderen et al. 1989)
3. Personality structure (NEO-FFI)
4. Demographic variables and important life events

**Completion date**

01/11/2007

## Eligibility

**Key inclusion criteria**

Elderly people above the age of 55 with slight to moderate depressive symptoms.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**Key exclusion criteria**

1. People with severe depressive symptoms and a CES-D score higher than 24
2. The absence of depressive symptoms, a score lower than 5 on the CES-D
3. People being treated elsewhere (with medication) when they register
4. People unable to function in a group

**Date of first enrolment**

01/11/2005

**Date of final enrolment**

01/11/2007

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

Trimbos-institute

Utrecht

Netherlands

3500 AS

# Sponsor information

## Organisation

Trimbos Institute - Netherlands Institute of Mental Health and Addiction (Netherlands)

## ROR

<https://ror.org/02amggm23>

# Funder(s)

## Funder type

Research organisation

## Funder Name

Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

## 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

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

| Output type                     | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a> | results | 13/06/2008   |            | Yes            | No              |