

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	<input type="checkbox"/> Prospectively registered
Registration date 14/02/2006	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 17/08/2009	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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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

Intentional

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?
Results article	results	13/06/2008		Yes	No