

# An internet-based problem-solving training to reduce strain in teachers

<b>Submission date</b> 05/06/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/08/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 03/06/2020	<b>Condition category</b> 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

### Background and study aims

Teachers are highly affected by strain-related health problems such as depression. Recent studies have shown the effectiveness of Internet-based problem-solving therapy for symptoms of depression and strain. This study aims to test the efficacy of an Internet-based problem-solving training, adapted to the specific situation of the teachers, when compared to a waiting-list control group.

### Who can participate?

Teachers with a heightened level of strain, indicated by self-rated depressive symptoms.

### What does the study involve?

Participants are randomly allocated into two groups. Participants in the intervention group take part in a five-week online problem-solving training program, consisting of one lesson per week including weekly assignments and feedback by trained online coaches. Participants in the wait-list control group will get access to the training 6 months later. Self-reported symptoms of depression, strain, worrying, problem-solving skills, self-efficacy and quality of life are assessed at four points (at the start of the study, just after the training, and 3 and 6 months after the training ends).

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

Participants may benefit from improvements in depression, strain, worrying, self-efficacy, problem solving skills and mental health in general. There are no known risks of participating in the study.

### Where is the study run from?

Department of Mental Health, Leuphana University, Lueneburg, Germany.

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

The study started in April 2012 and ended in December 2013.

### Who is funding the study?

European Union.

Who is the main contact?  
David Daniel Ebert  
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## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
An internet-based problem-solving training to reduce strain in teachers: a randomized controlled trial testing the efficacy of a guided self-help problem-solving training

**Study objectives**  
Internet-based problem-solving training is more effective in reducing depressive symptoms than a wait-list control group.

On 11/02/2013 the target number of participants was changed from 180 to 152.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Local Ethical Committee, Department for Psychology, Phillips-University of Marburg, Germany, 12/03/2012, ref: AZ: 2012-06K

**Study design**  
Prospective randomized controlled trial with two parallel groups

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Depressive symptoms

**Interventions**

The treatment group has access to an Internet-based training program that consists of five lessons (one per week). The intervention is based on an empirically evaluated online-based problem-solving intervention (van Straten et al., 2008; Warmerdam et al., 2008), adapted to the specific situation of teachers. The lessons include information and examples of how problems can be solved in a systematic way, how to handle unsolvable problems and how to improve well-being by boosting important things in their lives. Participants receive feedback to weekly assignments by trained online coaches.

Participants in the wait-list control group will get access to the same training 6 months after baseline assessment.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Center for Epidemiologic Studies Depression Scale (CES-D)

Baseline assessment: 1 week before allocation to treatment groups (enrollment is still ongoing; first participant were assessed for baseline on 9th April)

Post-assessment: 7 weeks after allocation to treatment 3-months follow-up: 3 months after allocation to treatment 6-months follow-up: 6 months after allocation to treatment

**Key secondary outcome(s)**

1. Social Problem Solving Inventory (SPSI-R)
2. Perceived Stress Questionnaire (PSQ)
3. Penn State Worry Questionnaire (PSWQ)
4. Self-efficacy Scale (SWE)
5. Maslach Burnout Inventory (MBI)
6. Short-Form Health Questionnaire (SF-12)

Baseline Assessment: 1 week before allocation to treatment groups (enrollment is still ongoing; first participant was assessed for baseline on 9th April)

Post-Assessment: 7 weeks after allocation to treatment 3-months follow-up: 3 months after allocation to treatment 6-months follow-up: 6 months after allocation to treatment

**Completion date**

01/12/2013

# Eligibility

## Key inclusion criteria

Teachers with a heightened level of depressive symptoms [self-rated score higher than 16 on the Center for Epidemiologic Studies Depression Scale (CES-D)]

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

All

## Total final enrolment

150

## Key exclusion criteria

Participants with suicide ideation at time of recruitment [by a score higher than 1 on the suicide ideation question of the Beck Depression Inventory (BDI-II)]

## Date of first enrolment

15/04/2012

## Date of final enrolment

01/12/2013

# Locations

## Countries of recruitment

Germany

## Study participating centre

University, Lueneburg

Lüneburg

Germany

21339

# Sponsor information

## Organisation

Investment & Development Bank of Lower Saxony - NBank (Germany)

## ROR

<https://ror.org/03h3mye18>

## Funder(s)

### Funder type

Government

### Funder Name

European Union (EU)

### Funder Name

State of Lower Saxony (Germany)

## 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	01/11/2014	03/06/2020	Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes