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Talk-a-teen Whatsapp intervention for youth at risk

Submission date	Recruitment status	[ ] Prospectively registered
31/03/2022	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
24/06/2022	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
24/06/2022	Mental and Behavioural Disorders	[ ] 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 therapt, 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

Contact information

Type(s)
Principal investigator

Contact name
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Additional identifiers

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

Primary study design
Interventional

Study design
Interventional randomised

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
-

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