

Talk-a-teen Whatsapp intervention for youth at risk

Submission date 31/03/2022	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 24/06/2022	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 24/06/2022	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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 therapy, 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

Prof Michelle Slone

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

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

Study design

Interventional randomised

Primary study design

Intentional

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

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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