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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

Registration date
14/02/2006

Overall study status
Completed

Last Edited
17/08/2009

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr A.M. Pot

Contact details
Trimbos-institute
Netherlands Institute of Mental Health and Addiction
P.O. Box 725
Utrecht
Netherlands
3500 AS
ampot@trimbos.nl

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

Primary study design
Interventional

Study design
Multicentre randomised single blind active controlled parallel group trial

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