

# The shareIT project

<b>Submission date</b> 24/05/2011	<b>Recruitment status</b> Stopped	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/06/2011	<b>Overall study status</b> Stopped	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/08/2019	<b>Condition category</b> 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

It has been estimated that millions of people worldwide use bulletin boards, forums and internet support groups for health conditions. However, little is known about the effectiveness of these groups in terms of symptom reduction or improvement in quality of life. A recent study found that an online bulletin board set up specifically for use by research participants was effective at reducing depression symptoms. The current study extends on this study by investigating the effectiveness of an established online bulletin board for depression available to the public. The aims of the study are to determine whether this bulletin board improves mental health and quality of life.

### Who can participate?

People aged over 18 with self-reported current or previous experience of depression

### What does the study involve?

Participants are randomly allocated to one of two groups. Participants in one group are given access to the online support group for 6 months. 3. Participants in the other group are given access to the online support group after waiting 6 months. All participants are asked to complete survey assessments at the start of the study and after 6 and 12 months.

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

Not provided at time of registration

### Where is the study run from?

The study is conducted online, administered by the Centre for Mental Health Research, Canberra, Australia.

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

June 2011 to January 2013

### Who is funding the study?

National Health and Medical Research Council (Australia)

### Who is the main contact?

Prof. Kathy Griffiths

**Study website**

<http://shareit.anu.edu.au>

## Contact information

**Type(s)**

Scientific

**Contact name**

Prof Kathy Griffiths

**Contact details**

Centre for Mental Health Research  
Australian National University  
Building 63  
Eggleston Road  
Canberra  
Australia  
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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

ACTRN12611000377932

## Study information

**Scientific Title**

Effectiveness of an online bulletin board for depression: a longitudinal randomized controlled trial

**Study objectives**

Current study hypothesis as of 07/06/2012

The project aims to investigate the effectiveness of an online bulletin board as a support tool for depression

Previous study hypothesis

The project aims to investigate the effectiveness of an online bulletin board (BlueBoard) as a support tool for depression

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Australian National University Human Research Ethics Committee, 06/05/2011, ref: Human Ethics Protocol 2011/037

**Study design**

Longitudinal randomized controlled trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Internet/virtual

**Study type(s)**

Quality of life

**Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

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

Depression

**Interventions**

Current interventions as of 07/06/2012:

1. The study involves an active intervention and a waitlist control
2. Participants will be given access to the online support group (intervention) for a 6 month period
3. After 6 months participants allocated to the control group will also receive access to the intervention
4. The online support group for depression uses a bulletin board format to facilitate discussions
5. Participants will be asked to complete survey assessments prior to commencing the study (baseline) and at 6 and 12 month time-points

Previous interventions:

1. The study involves an active intervention and a waitlist control
2. Participants will be given access to the BlueBoard support group (intervention) for a 6 month period
3. After 6 months participants allocated to the control group will also receive access to the intervention
4. BlueBoard is an online support group for depression which uses a bulletin board format to facilitate discussions
5. Participants will be asked to complete survey assessments prior to commencing the study (baseline) and at 6 and 12 month time-points

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

1. Depressive symptoms: Centre for Epidemiological Studies - Depression (CES-D) 20-item self-report measure of depression severity
2. Patient Health Questionnaire - 9 item scale (PHQ-9)

**Secondary outcome measures**

1. Anxiety symptoms: GAD-7
2. Quality of Life: EUROHIS QOL - 8 item index
3. Disability: 'Days Out of Role' questions adapted from US National Comorbidity Survey
4. Perceived Social Support: Medical Outcomes Study Social Support Survey (MOS)
5. UCLA Loneliness Scale
6. Stigma: Self-stigma of Depression Scale
7. Help-seeking: purpose developed items
8. Self-esteem: Rosenberg Self-esteem Scale
9. Mental Well-being: Warwick-Edinburgh Mental Wellbeing Scale
10. Empowerment: Empowerment Scale
11. Self-compassion: Self-compassion Scale - Short form
12. Participation in healthcare measure
13. Satisfaction & user perceived benefits

**Overall study start date**

01/06/2011

**Completion date**

31/01/2013

**Reason abandoned (if study stopped)**

Lack of staff/facilities/resources

**Eligibility****Key inclusion criteria**

1. Over 18 years of age
2. Internet access with email
3. Self-report of current or previous experience of depression

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

200

**Key exclusion criteria**

1. Current participation in an online support group for depression
2. Diagnosis of bipolar disorder, schizophrenia, or psychosis

**Date of first enrolment**

01/06/2011

**Date of final enrolment**

31/01/2013

**Locations****Countries of recruitment**

Australia

**Study participating centre**

**Australian National University**

Canberra

Australia

0200

**Sponsor information****Organisation**

Australian National University (Australia)

**Sponsor details**

Centre for Mental Health Research

Building 63

Eggleston Road

Canberra

Australia

0200

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cmhr@anu.edu.au

**Sponsor type**

University/education

**Website**

<http://www.anu.edu.au/>

**ROR**

<https://ror.org/019wvm592>

## **Funder(s)**

**Funder type**

Government

**Funder Name**

National Health and Medical Research Council (NHMRC Fellowship ref 525413)

**Alternative Name(s)**

NHMRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

Australia

## **Results and Publications**

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date**

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not provided at time of registration