

# Randomised controlled trial of a web-based cognitive behavioural intervention for psoriasis

<b>Submission date</b> 21/05/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 21/05/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 29/07/2013	<b>Condition category</b> Skin and Connective Tissue Diseases	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
7310

## Study information

**Scientific Title**

**Acronym**

Web based cognitive behaviour therapy for people with psoriasis

**Study objectives**

Psoriasis is a chronic inflammatory skin disease affecting approximately 2-3% of the population. The condition is incurable at this stage and the course is recurrent, with periods of remission. It is believed to be a genetic disease, with the genetic tendency thought to be triggered by various environmental factors including infection, skin trauma, certain medications and stress.

Previous research has shown that psoriasis patients have a high incidence of psychological distress, with studies reporting psychological disturbance in the order of 30 - 40% of patients. Psychological distress reported by psoriasis patients includes increased levels of anxiety, depression, excessive worry, reduced quality of life and impaired everyday functioning. Overall, psoriasis patients report more psychological distress than any other dermatology group.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

MREC approved (ref: 08/H1012/17)

**Study design**

Single centre randomised interventional treatment trial

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

GP practice

**Study type(s)**

Treatment

**Participant information sheet****Health condition(s) or problem(s) studied**

Topic: Skin; Subtopic: Skin (all Subtopics); Disease: Dermatology

**Interventions**

Cognitive behaviour therapy (CBT) in a web-based format. This method allows participants to complete the study in privacy, at their own convenience and makes the treatment more broadly accessible.

Follow up length: 6 months

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome measure**

Subjective reports of self efficacy

**Secondary outcome measures**

1. Change in illness beliefs
2. Improved quality of life
3. Reduced alcohol consumption

**Overall study start date**

01/04/2009

**Completion date**

31/12/2009

## **Eligibility**

**Key inclusion criteria**

Male and female, lower age limit of 16 years

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

Planned sample size: 120

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/04/2009

**Date of final enrolment**

31/12/2009

## **Locations**

**Countries of recruitment**

England

United Kingdom

**Study participating centre**

**Stott Lane**

Salford

United Kingdom

M6 8HD

## **Sponsor information**

**Organisation**

Salford Royal NHS Foundation Trust (UK)

**Sponsor details**

Hope Hospital

Stott Lane

Salford

England

United Kingdom

M6 8HD

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.srht.nhs.uk>

**ROR**

<https://ror.org/019j78370>

## **Funder(s)**

**Funder type**

Charity

**Funder Name**

Psoriasis and Psoriatic Arthritis Alliance (PAPAA) (UK)

**Alternative Name(s)**

PAPAA

**Funding Body Type**

Private sector organisation

### **Funding Body Subtype**

Other non-profit organizations

### **Location**

United Kingdom

## **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

### **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/08/2013		Yes	No