

Variations of Internet-assisted cognitive behaviour therapy: a randomized community trial of MoodGYM users

Submission date
19/08/2005

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
21/09/2005

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
13/08/2007

Condition category
Mental and Behavioural Disorders

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Study objectives

To investigate whether the length of the MoodGYM program (i.e. the number and combination of modules undertaken by the user) is related to treatment outcome, and which sub-components of the program are associated with anxiety and depression reduction.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Added as of 13/08/2007: Approved by the Australian National University Human Ethics Committee.

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Depression

Interventions

The MoodGYM website, an evidence-based depression prevention program. Six versions of the website will be evaluated.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The change in participants' symptoms of depression and anxiety after completing their version of the MoodGYM program.

Key secondary outcome(s)

No secondary outcome measures

Completion date

01/12/2005

Eligibility**Key inclusion criteria**

Participants will be individuals who register on the MoodGYM website and who consent to be randomised to a condition in the trial.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Individuals who register on the MoodGYM website and who do not consent to participation in the trial. These individuals will be directed to the 'full' MoodGYM site, rather than a version of the site being evaluated in this trial. Individuals who consent to participation in the research project but who opt to choose their treatment condition are also not included in the randomised controlled trial (RCT).

Date of first enrolment

01/01/2005

Date of final enrolment

01/12/2005

Locations**Countries of recruitment**

Australia

Study participating centre

Centre for Mental Health Research

Canberra

Australia

0200

Sponsor information**Organisation**

Australian National University - Centre for Mental Health Research

ROR

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

Funder(s)

Funder type
Research council

Funder Name
Australian National Health and Medical Research Council (NHMRC) Program Grant to the Centre for Mental Health Research

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:	01/12/2006		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes