

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

<b>Submission date</b> 19/08/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 21/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 13/08/2007	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Study website

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

## Contact information

### Type(s)

Scientific

### Contact name

Prof Helen Christensen

### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

**Secondary identifying numbers**

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

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Not specified

**Study type(s)**

Treatment

**Participant information sheet**

**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 measure**

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

**Secondary outcome measures**

No secondary outcome measures

**Overall study start date**

01/01/2005

**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

**Age group**

Adult

**Sex**

Both

**Target number of participants**

500

**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

**Sponsor details**

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Canberra  
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**Sponsor type**  
University/education

**Website**  
<http://www.anu.edu.au/cmhr>

**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**

**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:	01/12/2006		Yes	No