

Efficacy of psychoeducation in the treatment of unipolar depression

Submission date 20/04/2009	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 30/04/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 30/04/2009	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Efficacy of psychoeducation in the treatment of unipolar depression: a multicentric randomised controlled trial

Study objectives

Psychoeducation combined with treatment as usual leads to a greater reduction in depressive symptoms as measured by the Beck Depression Inventory (BDI) and Hamilton Depression Scale (HAM-D), and greater increase of subjective perception of the quality of life as measured by the Manchester Quality of Life Scale (MANSA) in subjects diagnosed with unipolar depression, than treatment as usual alone.

Ethics approval required

Old ethics approval format

Ethics approval(s)

University Clinical Centre of Sarajevo Ethics Committee approved on the 21st March 2008

Study design

Interventional opened multicentric randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Unipolar depression in adults

Interventions

The subjects in the experimental group will receive an 8-week course on psychoeducation based on Lewinsohn's Coping With Depression Course combined with treatment as usual (TAU). The subjects in the control group will receive TAU only.

Assessments will be made with the use of standardised psychometric instruments:

1. International Neuropsychiatric Interview (MINI 5.00)
2. Mini Mental State Exam (MMSE)
3. Beck Depression Inventory (BDI)
4. Hamilton Depression Scale (HAM-D)
5. Manchester Quality of Life Scale (MANSA)
6. Socio-demographic questionnaire (specially designed for this study)

Assessments will be performed before the intervention, after the intervention and in 6 and 12 months follow-up. The study will adhere with the methodology of a randomised controlled trial.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

To assess possible changes in the total score on Beck Depression Inventory scale (BDI), and Hamilton Depression Scale (HAM-D), between the subjects who received psychoeducation and treatment as usual and the subjects who received only treatment as usual, after a 12 week course of psychoeducation, and in 9 months follow-up.

Key secondary outcome(s)

1. To assess possible changes in the total score on Manchester Quality of Life Scale (MANSA) between the subjects who received psychoeducation and treatment as usual and the subjects who received only treatment as usual, after a 12 week course of psychoeducation and in 9 months follow-up
2. To assess possible differences in types of mental health services received between the two groups in 9 months follow-up

Completion date

01/05/2010

Eligibility**Key inclusion criteria**

1. Adult subjects aged 18 to 65 years, either sex
2. Diagnosis of unipolar depression (F 32.0-2, F 33.0-2)
3. Not due to a medical condition (Diagnostic and Statistical Manual of Mental Disorders, 4th Edition [DSM IV] Axis V = 0)
4. No other Axis I co-morbid psychiatric disorder
5. Duration of symptoms not less than 3 months
6. Able to read and write (8 years formal education)
7. Subjects who sign the informed consent to participate in the study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Refused to sign informed consent
2. Illiterate
3. Deaf or hearing impaired
4. Serious speech impairment or mutism
5. Duration of symptoms less than three months
6. Symptoms of psychotic depression
7. History of a manic or hypo-manic episode
8. Cognitive impairment (mini Mental State Examination [MMSE] greater than or equal to 25)
9. Co-morbid anxiety disorder
10. Organic affective disorder
11. Depression caused by an underlying medical condition

12. Co-morbid personality disorder
13. Alcohol and preliminary alcohol screening (PAS) abuse and dependence
14. Subjects who are currently involved in other research
15. Pregnancy
16. Epilepsy
17. Subjects whose present condition requires psychiatric hospitalisation
18. Suicidality

Date of first enrolment

01/05/2009

Date of final enrolment

01/05/2010

Locations

Countries of recruitment

Bosnia and Herzegovina

Study participating centre

Bolnicka 25

Sarajevo

Bosnia and Herzegovina

71000

Sponsor information

Organisation

Clinical Centre University of Sarajevo (Bosnia and Herzegovina)

ROR

<https://ror.org/019bz1656>

Funder(s)

Funder type

Government

Funder Name

European Union (EU) (Belgium) - Sixth Framework Programme (FP6): EVIDENCE (Strengthening Research Capacities and Evaluation of Mental Health Services in Bosnia and Herzegovina) (grant ref: INCO-CT-2007-043654 FP6)

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes