

Telephone-administered cognitive behaviour therapy (CBT) for the treatment of obsessive compulsive disorder: A randomized controlled trial

Submission date

25/08/2005

Recruitment status

No longer recruiting

Registration date

13/09/2005

Overall study status

Completed

Last Edited

08/11/2022

Condition category

Mental and Behavioural Disorders

☐ Prospectively registered

☐ Protocol

☐ Statistical analysis plan

☒ Results

☐ 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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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

RDO/28/1/26

Study information

Scientific Title

Telephone-administered cognitive behaviour therapy (CBT) for the treatment of obsessive compulsive disorder: A randomized controlled trial

Study objectives

Exposure therapy and response prevention will yield equivalent clinical outcomes whether delivered by telephone or by face to face therapist contact in the treatment of obsessive-compulsive disorder

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

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

Obsessive-compulsive disorder (OCD)

Interventions

Exposure therapy and response prevention delivered by either telephone or face to face

Intervention Type

Behavioural

Primary outcome measure

CBT delivered by telephone shows equivalent clinical outcome as face to face therapy and similar levels of satisfaction were reported.

Secondary outcome measures

Cost-minimisation analysis shows that treatment by telephone is cheaper than face to face CBT. The main cost-driver is treatment time defined by the protocol and, for telephone-administered CBT, this duration was shorter.

Overall study start date

01/10/2000

Completion date

30/09/2002

Eligibility

Key inclusion criteria

1. Obsessive-compulsive disorder as the main presenting problem
2. Meet Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria for OCD
3. Yale-Brown Obsessive Compulsive Scale (Y-BOCS) score of 16 and over
4. Aged between 16-65
5. Agree to, and give written consent to participate in the study

Participant type(s)

Patient

Age group

Adult

Lower age limit

16 Years

Upper age limit

65 Years

Sex

Both

Target number of participants

80

Total final enrolment

72

Key exclusion criteria

1. Obsessions without overt compulsions
2. Obsessional slowness
3. Organic brain disease
4. On a stable dose of antidepressants or anxiolytic medication for less than 3 months
5. Past or present psychosis
6. Meet DSM-IV criteria for substance abuse or dependence
7. Currently on more than 10 mg of Diazepam or equivalent daily

8. Severe depression >30 on Beck Depression Inventory (BDI)

9. Suicidal intent

Date of first enrolment

01/10/2000

Date of final enrolment

30/09/2002

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

School of Nursing

Manchester

United Kingdom

M13 9PL

Sponsor information

Organisation

North West Research and Development Support Unit (UK)

Sponsor details

c/o Ms Sue Riley

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Sponsor type

Government

Funder(s)

Funder type
Government

Funder Name
North West Research and Development Support Unit, Salford (Ref: RDO/28/1/26) - regional NHS R&D funding stream

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan
Not provided at time of registration

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 | | 28/10/2006 | | Yes | No |