

INpatient and Day-clinic treatment for DEPRESSION: who profits well and who don't?

Submission date 16/07/2012	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 31/07/2012	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 02/09/2020	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Depression is one of the most common diseases and a leading cause of disability worldwide. The German health care system provides outpatient care, but also inpatient and day hospital treatment, covering a considerable part of health care for people with mental illnesses. Hospital programs have the advantage of providing a multimodal approach, combining a daily structure with individual, group and additional treatment components. Day hospital programs for acute psychosomatic care are very similar to inpatient programs with the difference that patients return home at evenings and weekends. In Germany, there is an increasing interest in day care programs because of the lower costs of this treatment modality. The treatment of depression is a high priority task, but there is still a lack of studies on inpatient or day hospital treatment. Furthermore, depression in one subject is not like depression in another. Tailoring treatments to the needs of subgroups of patients with special characteristics may improve overall outcome. This study aims to find out about the effects of inpatient and day hospital treatment for major depression in routine care. It further aims at identifying prognostic (associated with general outcome) and prescriptive (associated with the differential outcome in both settings) variables, which can help to discriminate subgroups of patients with differences in course and treatment needs. This is especially important in clinic treatment, as patients referred to hospital usually show a more complicated course of their illness or considerable co-morbidity (other illnesses).

Who can participate?

Patients aged 18-65 years with a diagnosis of a major depressive episode treated in the study centres during the recruitment period.

What does the study involve?

After informed consent participants will get diagnostic interviews and additional questionnaires for evaluation. They will be interviewed and receive questionnaires at the time of discharge from the hospital. At 3 and 12 months after discharge they will be interviewed again and asked to fill in questionnaires to assess depressive symptoms, overall functioning, quality of life and further treatment.

What are the possible benefits and risks of participating?

All participants receive comprehensive diagnostic interviews. As all participants get the standard treatment of the study centres, there are no additional risks compared to routine care.

Where is the study run from?

Department of Psychosomatic Medicine, University of Freiburg and the following cooperating centres: Department of Psychosomatic Medicine, University of Ulm; Department of Psychosomatic Medicine, University of Mainz; Clinic for Psychosomatic Medicine, Robert-Bosch-Krankenhaus Stuttgart; Thure-von Uexküll-Klinik, Freiburg; Bürgerhospital, Stuttgart; Rhein-Klinik, Bad Honnef.

When is the study starting and how long is it expected to run?

The study has started in March 2011 and ends in February 2015.

Who is funding the study?

The Heidehof-Stiftung GmbH, Stuttgart, Germany.

Who is the main contact?

Prof. Almut Zeeck

almut.zeeck@uniklinik-freiburg.de

Contact information

Type(s)

Scientific

Contact name

Prof Almut Zeeck

Contact details

Department of Psychosomatic Medicine and Psychotherapy
University of Freiburg
Hauptstrasse 8
Freiburg
Germany
79104

-
almut.zeeck@uniklinik-freiburg.de

Additional identifiers

Protocol serial number

59055.02.1/2.10

Study information

Scientific Title

INpatient and Day-clinic treatment for DEPRESSION: symptom course and response prediction

Acronym

INDDEP

Study objectives

First, the study aims to describe changes in depressive symptomatology after inpatient and day clinic treatment for depression and to identify subgroups with a good or less favourable symptom course (explorative).

Secondly, inpatient and day clinic treatment will be compared (matched samples). It is hypothesized that type of depression (introjective/high level of perfectionism vs. anaclitic/high level for dependency) will be associated with differential outcome in each setting.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee of the University Clinic of Freiburg, 22/02/2011, ref: No. 39/11

Study design

Naturalistic multicentre study

Primary study design

Interventional

Study type(s)

Screening

Health condition(s) or problem(s) studied

Major Depression (inpatient and day clinic treatment)

Interventions

We include all patients who are consecutively admitted to the study centres over a period of 2.5 years. To compare inpatient and day clinic treatment (especially differences in predictors of symptom course and response rates), patient samples will be parallelized according to known predictors of outcome:

1. Gender
2. Age
3. Number of additional axis-I diagnoses
4. Number of previous episodes of major depression
5. Duration of the recent episode of MDE.

Criteria 1-3 will be matched 1:1, criteria 4 & 5 are used as lenient criteria, to be matched 1:1 if possible.

Interventions comprise the standard programmes of psychosomatic clinics: individual psychotherapy sessions, group psychotherapy, sessions with nurses, art therapy or music therapy, movement therapy, physicians rounds, psychopharmacological treatment. Day clinic and inpatient programmes are comparable, although the settings differ in a crucial aspect: in a day clinic intense, multimodal treatment and experiences in daily life are closely linked.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Depressive symptomatology, assessed with the QIDS-C (Quick-Inventory of Depressive Symptomatology, expert rating) at pre, post and follow-ups (3 and 12 month after discharge)

1. Change in symptoms will be assessed:

1.1. Dimensional (change in QIDS-score)

1.2. Categorical: reduction < 20%= no effect; reduction between 20% and 50%=modest change; reduction > 50%=partial remission; falling below the cut-off for depression=complete remission)

Key secondary outcome(s)

1. Global severity index (GSI), Symptom-Check-List-90-R

2. Social and Occupational Functioning Assessment Scale (SOFAS)

3. Quality of Life SF-12

Predictor analyses include:

1. Symptomatology (characteristics of depression, co-morbidity, axis-II-diagnoses) and overall disturbance

2. Demographics

3. Personality and interpersonal problems (DEQ: Depressive Experience Questionnaire; DAS: Dysfunctional Attitudes Scale; IIP: Inventory of Interpersonal Problems)

4. Traumatization (CTQ: Childhood-Trauma-Questionnaire)

Follow up: 3 and 12 months after discharge.

Completion date

01/03/2015

Eligibility**Key inclusion criteria**

1. Major depressive episode (MDE), unipolar, according to Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) as main diagnosis

2. Age 18-65 years

3. Quick Inventory of Depressive Symptomatology (QIDS)-expert rating score > 10

4. Informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

65 years

Sex

All

Total final enrolment

604

Key exclusion criteria

1. Psychotic disorder
2. Bipolar disorder
3. Substance abuse (current or last three years)
4. Current suicidal ideation
5. Antisocial personality disorder
6. Cognitive impairment
7. Admission for diagnostic reasons (not for treatment)
8. Second admission during recruitment period

Date of first enrolment

01/03/2011

Date of final enrolment

01/03/2015

Locations**Countries of recruitment**

Germany

Study participating centre

Department of Psychosomatic Medicine and Psychotherapy

Freiburg

Germany

79104

Sponsor information**Organisation**

Heidehof Foundation Ltd. (Heidehof Stiftung GmbH) (Germany)

ROR

<https://ror.org/02xq7zd76>

Funder(s)

Funder type

Government

Funder Name

Heidehof Foundation Ltd. (Heidehof Stiftung GmbH) (Germany)

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	15/11/2015	25/06/2020	Yes	No
Results article	results	01/07/2020	25/06/2020	Yes	No
Results article	results	07/08/2020	02/09/2020	Yes	No
Protocol article	protocol	26/03/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes