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# Evaluation of telephone-administered cognitive-behaviour therapy (CBT) for young people with obsessive-compulsive disorder (OCD)

**Submission date**
14/08/2008

**Recruitment status**
No longer recruiting

**Registration date**
18/09/2008

**Overall study status**
Completed

**Last Edited**
22/10/2015

**Condition category**
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

### Secondary identifying numbers
PB-PG-0107-12333

# Study information

### Scientific Title
An evaluation of the clinical effectiveness, cost-effectiveness and acceptability of a telephone-administered cognitive-behaviour therapy (CBT) programme for children and young people with obsessive-compulsive disorder (OCD)

### Study objectives
1. The clinical outcome of cognitive-behaviour therapy (CBT) delivered by telephone will be equivalent to CBT treatment delivered face-to-face in the treatment of childhood OCD
2. Telephone CBT for young people will be a cost-effective means of service delivery
3. Young people and their families will find this treatment acceptable and convenient

### Ethics approval required
Old ethics approval format

### Ethics approval(s)
The Joint South London and Maudsley and the Institute of Psychiatry NHS Research Ethics Committee, 25/03/2008, ref: 08/H0807/12

### Study design
Randomised single-centre single-blind non-inferiority controlled trial

### Primary study design
Interventional

### Secondary study design
Randomised controlled trial

### Study setting(s)
Other

### Study type(s)
Treatment

### Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

### Health condition(s) or problem(s) studied
Obsessive-compulsive disorder (OCD)

### Interventions
Participants will be randomly allocated to receive either face-to-face CBT or telephone-administered CBT. All participants will receive up to 14 sessions of CBT within 17 weeks (each CBT session lasts approximately 55 minutes).

### Intervention Type
Other

### Phase
Not Applicable

### Primary outcome measure
The following will be measured at assessment, baseline, post-treatment, 3-month, 6-month and 12-month follow-up:
1. A diagnosis of OCD, as measured by the Anxiety Disorders Interview Schedule for DSM-IV Parent/Child Versions (ADIS-IV-C/P)
2. The severity of OCD symptoms, as measured by the Children's Yale-Brown Obsessive-Compulsive Scale (CY-BOCS)

### Secondary outcome measures
The following will be measured at assessment, baseline, post-treatment, 3-month, 6-month and 12-month follow-up:
1. Children's Obsessive-Compulsive Inventory (ChOCI C/P)
2. Strengths and Difficulties Questionnaire (SDQ)
3. Beck Depression Inventory for Youth (BDI-Y)
4. Depression, Anxiety and Stress Scales (DASS)
5. Family Accommodation Scale (FAS)
6. Children's Global Assessment Scale (CGAS)
7. Child and Adolescent Service Use Schedule (CA-SUS)
8. EuroQol-5D (EQ-5D)

### Overall study start date
01/09/2008

### Completion date
30/09/2011

## Eligibility

### Key inclusion criteria
1. Both males and females, age 11 to 18 years
2. Primary Diagnostic and Statistical Manual of Mental Disorders, 4th edition (DSM-IV) diagnosis of OCD
3. Stable medication for 12 weeks (if relevant)
4. Access to a telephone

### Participant type(s)
Patient

### Age group
Child

### Lower age limit
11 Years

### Upper age limit
18 Years

### Sex
Both

### Target number of participants
80

### Key exclusion criteria
1. Current diagnosis of psychosis, current alcohol or substance abuse/dependence
2. English too poor to engage in treatment without an interpreter being required
3. Severe disabling neurological disorder
4. A diagnosed global learning disability or pervasive developmental delay
5. Characteristics interfering with completion of treatment e.g. life-threatening or unstable medical illness

### Date of first enrolment
01/09/2008

### Date of final enrolment
30/09/2011

## Locations

### Countries of recruitment
England

United Kingdom

### Study participating centre
**Maudsley Hospital**
London
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SE5 8AZ

## Sponsor information

### Organisation
Institute of Psychiatry, Kings College London (UK)

### Sponsor details
c/o Dr Gill Dale
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### Sponsor type
University/education

### Website
http://www.iop.kcl.ac.uk

### ROR
https://ror.org/0220mzb33

## Funder(s)

### Funder type
Government

### Funder Name
National Institute for Health Research (NIHR) (UK), Research for Patient Benefit (RfPB) Programme (ref: PB-PG-0107-12333)

## 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? |
|---|---|---|---|---|---|
| Results article | results | 01/12/2014 | | Yes | No |