

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

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
14/08/2008	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
18/09/2008	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
22/10/2015	Mental and Behavioural Disorders	

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

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

Study type(s)

Treatment

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(s)

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)

Key secondary outcome(s)

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)

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

Healthy volunteers allowed

No

Age group

Child

Lower age limit

11 years

Upper age limit

18 years

Sex

All

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

United Kingdom

England

Study participating centre

Maudsley Hospital

London

United Kingdom

SE5 8AZ

Sponsor information

Organisation

Institute of Psychiatry, Kings College London (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

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