

# Short-term cognitive behavioural therapy and short-term psychoanalytical supportive psychotherapy as treatment for depression: a randomised clinical trial

<b>Submission date</b> 28/12/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/12/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/11/2013	<b>Condition category</b> Nervous System Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

**Acronym**

Praten & Pillen V

**Study objectives**

A randomised clinical trial comparing the efficacy, efficiency and applicability of short-term cognitive behavioural therapy and short-term psychoanalytical supportive psychotherapy in the treatment of depressive disorders.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approval received from the Dutch council of medical-ethic boards for mental health institutes (Stichting Medisch-Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg [METiGG]) on the 12th May 2006 (ref: 5236).

**Study design**

Randomised, parallel group, multicentre trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Depressive disorders

**Interventions**

1. Mild to moderate depression (HDRS score 14 to 24):

Short-term Cognitive Behavioral Therapy or Short-term Psychoanalytical Supportive Psychotherapy, 16 sessions of 45 minutes, during 22 weeks.

2. Severe depressive symptoms (HDRS score more than 24):

Combination treatment: psychotherapy as mentioned above in combination with antidepressants.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Depressive complaints according to patient, therapist and independent rater at week 5, 10, 22 and 52.

**Key secondary outcome(s)**

1. Quality of life

2. Predictors of treatment outcome at week 22 and 52

**Completion date**

01/07/2009

## Eligibility

**Key inclusion criteria**

1. Main diagnosis of:
  - a. Major Depressive Episode
  - b. Major Depressive Disorder
  - c. Depressive Disorder not otherwise specified according to Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) criteria
2. Hamilton Depression Rating Scale (HDRS) score more than 14
3. Age 18 to 65
4. Written informed consent

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Not Specified

**Key exclusion criteria**

1. Bipolar Disorder
2. Depressive disorder with psychotic features
3. Suicide risk
4. Loss of impulse-control
5. Use of non-trial anti-depressants
6. Use of anti-psychotics or mood stabilisers
7. Substance abuse
8. Language problems
9. Contact with same Mentrum location within last six months

**Date of first enrolment**

01/04/2006

**Date of final enrolment**

01/07/2009

## Locations

## Countries of recruitment

Netherlands

## Study participating centre

Klaprozenweg 111

Amsterdam

Netherlands

1033 NN

## Sponsor information

### Organisation

Mentrum Mental Health Care Amsterdam (The Netherlands)

## Funder(s)

### Funder type

Industry

### Funder Name

Wyeth Pharmaceuticals (The Netherlands) - unrestricted grant

## 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?
<a href="#">Results article</a>	results	01/09/2013		Yes	No