

# 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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

### 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

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 measure**

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

**Secondary outcome measures**

1. Quality of life
2. Predictors of treatment outcome at week 22 and 52

**Overall study start date**

01/04/2006

**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

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Not Specified

**Target number of participants**

300

**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)

**Sponsor details**

P.O. Box 75848

Amsterdam

Netherlands

1070 AV

**Sponsor type**

Research organisation

**Website**

<http://www.mentrum.nl/>

## **Funder(s)**

**Funder type**

Industry

**Funder Name**

Wyeth Pharmaceuticals (The Netherlands) - unrestricted grant

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