

# Cognitive-behavioural self-help for depressed and anxious adults; a randomised controlled trial comparing computer based interactive self-help versus a self-help treatment manual

<b>Submission date</b> 12/09/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 12/09/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 25/04/2014	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### Protocol serial number

N0546117071

## Study information

## **Scientific Title**

### **Study objectives**

1. That the clinical effectiveness of computer based interactive behavioural self help is equal to the clinical effectiveness of a traditional cognitive behavioural self help manual for adults suffering from mild to moderate depressive illness or anxiety.
2. That traditional cognitive behavioural self help manuals are more cost effective than computer based interactive cognitive behavioural self help for adults suffering from mild to moderate depressive illness or anxiety.
3. That both computer based interactive cognitive behavioural self help and traditional cognitive behavioural self help manuals are at least as clinically effective as GP care as usual for adults suffering from mild to moderate depressive illness or anxiety.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Not provided at time of registration

### **Study design**

Randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Not Specified

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

Mental and Behavioural Disorders: Depression

### **Interventions**

Randomised to one of four conditions:

1. Computer based cognitive behaviour therapy (CBT) self help - immediate start
2. Computer based CBT self help - delayed start (8 weeks)
3. Manual based CBT self help - immediate start
4. Manual based CBT self help - delayed start (8 weeks)

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Conclusion of active treatment phase - 8 weeks of therapy.

### **Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

10/02/2003

## Eligibility

**Key inclusion criteria**

200 patients

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

10/08/2002

**Date of final enrolment**

10/02/2003

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Clinical Psychologist

Norwich

United Kingdom

NR6 5NB

## Sponsor information

**Organisation**

Department of Health (UK)

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

East Norfolk and Waveney Research Consortium - Norfolk Mental Health Care NHS Trust

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

### **IPD sharing plan summary**

Not provided at time of registration