

# 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**  
Mr Darren Spooner

**Contact details**  
Clinical Psychologist  
Norfolk Mental Health Care NHS Trust  
Kingfisher House, Wensum Meadows  
Hellesdon Hospital  
Norwich  
United Kingdom  
NR6 5NB  
+44 01603 421685

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

## Secondary identifying numbers

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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Not Specified

## Participant information sheet

### 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 measure**

Conclusion of active treatment phase - 8 weeks of therapy.

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

10/08/2002

**Completion date**

10/02/2003

**Eligibility****Key inclusion criteria**

200 patients

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Not Specified

**Target number of participants**

200

**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**

England

United Kingdom

## **Study participating centre**

**Clinical Psychologist**

Norwich

United Kingdom

NR6 5NB

## **Sponsor information**

### **Organisation**

Department of Health (UK)

### **Sponsor details**

Richmond House

79 Whitehall

London

United Kingdom

SW1A 2NL

### **Sponsor type**

Government

### **Website**

<http://www.doh.gov.uk>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

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

## **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