

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

Submission date 12/09/2003	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 12/09/2003	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 25/04/2014	Condition category 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

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