

# Delivering interventions for obsessive compulsive disorder (OCD) through a web based virtual therapist: a randomised controlled trial

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 13/02/2017	<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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## Additional identifiers

### Protocol serial number

N0577151669

## Study information

**Scientific Title**

Delivering interventions for obsessive compulsive disorder (OCD) through a web based virtual therapist: a randomised controlled trial

**Study objectives**

Can a web delivered treatment package for OCD be as effective as traditional psychological outpatient therapy?

**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)**

Treatment

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

Mental and Behavioural Disorders: Obsessive compulsive disorder

**Interventions**

60 patients will be randomised into standard or web treatment groups. At week 0, 12 and 52 self administered scales will be administered. Both groups will undergo an 8 week course of therapy.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

BDI-II (Beck Depression Inventory), Yale Brown OCD scale, Beck Anxiety Inventory.

Patient Global Impression of Improvement Scale.

All scales at 0, 12 and 52 weeks.

**Key secondary outcome(s))**

Not provided at time of registration

**Completion date**

01/10/2006

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

Outpatients with ICD10 diagnosis of obsessive compulsive disorder (OCD)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

01/10/2004

**Date of final enrolment**

01/10/2006

**Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Mascalls Park

Brentwood

United Kingdom

CM14 5HQ

**Sponsor information**

**Organisation**

Department of Health

**Funder(s)**

**Funder type**  
Government

**Funder Name**  
North East London Mental Health NHS Trust NELMHT (UK)

## 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="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes