ISRCTN44929984 https://doi.org/10.1186/ISRCTN44929984

Telephone-administered cognitive behavioural therapy (CBT) for working adults

Submission date	Recruitment status
31/07/2009	No longer recruiting
Registration date	**Overall study status**
19/11/2009	Completed
Last Edited	**Condition category**
07/02/2013	Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Penny Bee

Contact details
School of Nursing, Midwifery & Social Work
Jean Macfarlane Building
Oxford Road
Manchester
United Kingdom
M13 9PL
+44 (0)161 306 7652
penny.bee@manchester.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
Improving health and productivity: an exploratory randomised controlled trial (RCT) of delivery in an occupational setting

Study objectives
Telephone-based cognitive behavioural therapy is likely to represent a feasible and clincally effective service for working adults with mild/moderate mental health problems.

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Manchester Research Ethics Committee approved in October 2007 (ref: 07/1012 /NMSW)

Study design
Pilot single centre randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Quality of life

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Mild/moderate mental health difficulties

Interventions
1. Usual care with 6-month follow-up
2. Usual care plus 12 sessions of telephone T-CBT delivered by graduate mental health workers, with 6-month follow-up

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Mental health symptom severity quantified by the 34-item Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM) at baseline, 3 months and 6 months follow-up.

Secondary outcome measures
1. Presence of anxiety and depressive-related symptoms quantified by the 14-item Hospital Anxiety and Depression Scale (HADS)
2. Self-rated functioning quantified by the Work and Social Adjustment Scale (WSAS)
3. Self-rated work productivity measured by the World Health Organization (WHO) Health and Work Performance Questionnaire

Measured at baseline, 3 months and 6 months follow-up.

Overall study start date
01/02/2008

Completion date
01/10/2009

Eligibility

Key inclusion criteria
1. Working adults aged 18 years and greater, either sex
2. Employed by a large UK communications company
3. Registered as absent from work due to mild/moderate mental health difficulties
4. Currently on sick leave of between 8 and 90 days as authorised by GP certificate

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
60

Key exclusion criteria
1. Severe or complex mental health problems (i.e. psychosis, post-traumatic stress disorder [PTSD], co-morbid personality disorder)
2. Degenerative cognitive disorders
3. Substance misuse
4. Active suicidal ideation or self-harm

Date of first enrolment

01/02/2008

Date of final enrolment
01/10/2009

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
School of Nursing, Midwifery & Social Work
Manchester
United Kingdom
M13 9PL

Sponsor information

Organisation
University of Manchester (UK)

Sponsor details
Oxford Road
Manchester
England
United Kingdom
M13 9PL

Sponsor type
University/education

Website
http://www.manchester.ac.uk/

ROR
https://ror.org/027m9bs27

Funder(s)

Funder type
University/education

Funder Name
University of Manchester (UK) - School of Nursing, Midwifery and Social Work

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?
Results article	results	01/05/2010		Yes	No