

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

<b>Submission date</b> 31/07/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 19/11/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 07/02/2013	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
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 clinically 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

**Study type(s)**

Quality of life

**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(s)**

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.

**Key secondary outcome(s)**

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.

**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

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

All

## 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

United Kingdom

England

## Study participating centre

School of Nursing, Midwifery & Social Work

Manchester

United Kingdom

M13 9PL

# Sponsor information

## Organisation

University of Manchester (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

## 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="#">Results article</a>	results	01/05/2010		Yes	No