

A randomised controlled trial of Internet based cognitive behavioural psychotherapy for depression

Submission date	Recruitment status	<input checked="" type="checkbox"/> Prospectively registered
13/08/2004	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
08/11/2004	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
14/09/2009	Mental and Behavioural Disorders	

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

N/A

Study information

Scientific Title

Study objectives

To evaluate the clinical and cost effectiveness of Internet based cognitive behavioural therapy (webCBT) for depression compared to a waiting list control in primary care. A qualitative study will be done as part of the trial to assess the acceptability of the intervention to patients and health care providers.

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

Depression

Interventions

Intervention: Up to eight one hour sessions of cognitive behavioural therapy (CBT) delivered online by a qualified psychologist.

Control: The control group will be on a waiting list for CBT of 8 months and will receive 'usual care' from their GP. This may include pharmacological treatment but will not include psychotherapy.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

The Beck depression inventory score at 2 months adjusted for baseline.

Key secondary outcome(s)

EQ5D and SF-12 at 8 months

Completion date

30/09/2008

Eligibility

Key inclusion criteria

Patients with GP diagnosed depression in primary care. Diagnosis must be confirmed by standardised psychological measure.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/10/2005

Date of final enrolment

30/09/2008

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Division of Primary Care

Bristol

United Kingdom

BS6 6JL

Sponsor information

Organisation

University of Bristol (UK)

ROR

<https://ror.org/0524sp257>

Funder(s)

Funder type

Charity

Funder Name

BUPA Foundation (UK) (ref: 683/G14)

Alternative Name(s)

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

Location

United Kingdom

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?
Results article	results	22/08/2009		Yes	No