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

Submission date	Recruitment status	[X] Prospectively registered
13/08/2004	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
08/11/2004	Completed	[X] Results
Last Edited	**Condition category**	[ ] 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

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet

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

Secondary outcome measures
EQ5D and SF-12 at 8 months

Overall study start date
01/10/2005

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

Age group
Not Specified

Sex
Not Specified

Target number of participants
470

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
England

United Kingdom

Study participating centre
Division of Primary Care
Bristol
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Sponsor information

Organisation
University of Bristol (UK)

Sponsor details
Gillian Tallents
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Sponsor type
University/education

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

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	22/08/2009		Yes	No