

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

<b>Submission date</b> 13/08/2004	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 08/11/2004	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 14/09/2009	<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

### Contact name

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### Contact details

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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?
<a href="#">Results article</a>	results	22/08/2009		Yes	No