

# A trial platform of guided self-help for mild /moderate depression in primary care

<b>Submission date</b> 03/05/2005	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 11/08/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/10/2009	<b>Condition category</b> Mental and Behavioural Disorders	<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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
G0401181

# Study information

## Scientific Title

## Study objectives

To examine trial recruitment rates, protocol fidelity, treatment adherence, clinical outcome effect size, cost utility and acceptability of a standardised guided self help intervention within a pilot trial.

## 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)

GP practice

## Study type(s)

Treatment

## Participant information sheet

## Health condition(s) or problem(s) studied

Depression

## Interventions

Guided self-help for depression versus usual care

## Intervention Type

Other

## Phase

Not Specified

## Primary outcome measure

1. Clinical response at three months
2. Cost and health resource utility
3. Trial process measures (recruitment rates: treatment fidelity, intervention effect size, acceptability)

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/09/2005

**Completion date**

31/08/2007

## Eligibility

**Key inclusion criteria**

Mild/moderate depression presenting in primary care

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Both

**Target number of participants**

100

**Key exclusion criteria**

1. Depression not as primary diagnosis
2. Risk to self or others

**Date of first enrolment**

01/09/2005

**Date of final enrolment**

31/08/2007

## 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

## ROR

<https://ror.org/027m9bs27>

# Funder(s)

## Funder type

Research council

## Funder Name

Medical Research Council (MRC) (UK)

## Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, MRC

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## 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?
<a href="#">Results article</a>	results	24/11/2008		Yes	No