

Cognitive self-therapy (CST) for patients with chronic-recurrent depression or anxiety

Submission date 19/12/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 19/12/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 17/08/2009	Condition category 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
NTR375; OG 00-028

Study information

Scientific Title

Acronym

CST

Study objectives

Does cognitive self-therapy (CST) in outpatient mental health care have any superiority as to cost-effectiveness and outcome compared to treatment as usual?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Received from local medical ethics committee

Study design

Multicentre randomised open label active controlled parallel group 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, anxiety disorders

Interventions

Treatment as usual (TAU) versus CST which is a structured method that seeks to restructure cognitive schemata by focusing on problems in social functioning and relationships and consists of a Preparatory Phase, an Orientation Course of three weekly morning-meetings to practice with peers; a Basic Course (BC) of 5 weekly, day-long sessions in which patients learn to manage self-therapy sessions with peers.

Those who perform these sessions adequately are certified to participate in weekly meetings, now led by peers in accordance with the manual, as taught during the BC.

The patients role in the treatment gradually evolves into that of 'paraprofessionals', such that finally they conduct Self-Therapy sessions in reciprocal relationships with peers.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Symptoms of anxiety and depression (SCL-90; BDI; ZBV)

Secondary outcome measures

1. Quality of life
2. Social functioning
3. WHO QoL
4. Euroqol

Overall study start date

01/03/2000

Completion date

01/12/2004

Eligibility

Key inclusion criteria

1. DSM IV diagnosis of chronic and/or recurrent depression, dysthemic disorder or (generalised) anxiety disorder
2. Duration of symptoms more than 2 years
3. 18-65 years

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Upper age limit

65 Years

Sex

Both

Target number of participants

151

Key exclusion criteria

1. Suicidal behaviour
2. Psychosis
3. Substance dependency

- 4. IQ <85
- 5. Lack of insight in personal vulnerability in social contacts or relationship

Date of first enrolment

01/03/2000

Date of final enrolment

01/12/2004

Locations

Countries of recruitment

Netherlands

Study participating centre

University Medical Center Groningen

Groningen

Netherlands

9700 RB

Sponsor information

Organisation

University Medical Centre Groningen (UMCG) (Netherlands)

Sponsor details

Hanzeplein 1

Groningen

Netherlands

9713 GZ

Sponsor type

Hospital/treatment centre

Website

<http://www.umcg.nl/azg/nl/english/azg/>

ROR

<https://ror.org/03cv38k47>

Funder(s)

Funder type

Research organisation

Funder Name

, Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

Alternative Name(s)

Netherlands Organisation for Health Research and Development

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

Netherlands

Funder Name

Development, University Medical Centre Groningen (UMCG) (Netherlands)

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	01/03/2007		Yes	No
Results article	results	01/01/2008		Yes	No