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

**Submission date**
19/12/2005

**Recruitment status**
No longer recruiting

**Registration date**
19/12/2005

**Overall study status**
Completed

**Last Edited**
17/08/2009

**Condition category**
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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

**Protocol serial number**
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

## Study type(s)
Treatment

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

## Key secondary outcome(s))
1. Quality of life
2. Social functioning
3. WHO Qol
4. Euroqol

### 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

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 years

### Upper age limit
65 years

### Sex
All

### 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)

**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

**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 |