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Primary care evidence-based psychological interventions collaboration (PEP)

Submission date	Recruitment status
30/11/2005	No longer recruiting
Registration date	**Overall study status**
22/03/2006	Completed
Last Edited	**Condition category**
02/05/2019	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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
Primary care evidence-based psychological interventions collaboration (PEP)

Acronym
PEP

Study objectives
The objectives of this study are to examine whether general practitioners (GPs) who have completed training in cognitive behavioural therapy (CBT) demonstrate:
1. An increased knowledge of CBT
2. An increase in confidence and reported feasibility of delivering CBT in general practice
3. An improvement in the quality of CBT they deliver in simulated role-plays
4. Improved clinical outcomes for depressed patients

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval has been obtained from the Monash University Standing Committee on Ethics in Research Involving Humans, reference numbers: 154 and 544

Study design
This study is a randomised controlled trial of CBT training with general practitioners randomised to training and waitlisted (control) groups

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Depressive disorder

Interventions
Pre and post measures of knowledge, attitudes and practices (KAP) will be measured with questionnaires, as well as videotaped simulated consultations rated with standardised instruments to measure competence. Enrolled GPs will each recruit depressed patients who will

be followed up for six months during the course of the study using a suite of quantitative outcome measures (PEP pack patient survey). A subset of these patients will be recruited for more in-depth qualitative interviews to assess consumers' and carers' experience of care.

The intervention group receive the CBT program which is a 20-hour face to face skills based program facilitated by specialist mental health care providers or GPs with independent mental health qualifications. Groups of 10-14 GPs per group participate in multiple role-play exercises guided by video-based skills demonstrations, and detailed GP or patient workbooks. The program specifically covers process issues such as integrating psychological skills into general practice, engaging the patient and structuring consultations, as well as specific content issues. The CBT program is an accredited level 2 training program with the Australian general practice mental health standards collaboration.

The control group receive no training initially but are waitlisted to subsequently receive the same training.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
GPs:
1. Improvement in knowledge
2. Attitudes and performance in simulated consultations

Patients:
1. Improvement in depressive symptoms
2. Quality of life and disability

Secondary outcome measures
Comparison of pre-training GP knowledge and attitudes with performance in simulated consultations will be undertaken

Overall study start date
01/06/2004

Completion date
31/12/2006

Eligibility

Key inclusion criteria
GPs:
1. Registered GPs in the state of Victoria, Australia

Patients:
1. 18-65 years old
2. Adequate English skills
3. Regular patient of the GP

4. GP diagnosis of depression
5. Patient health questionnaire (PHQ-9) score >10
6. GP intends to manage the patient's depressive illness

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Upper age limit
65 Years

Sex
Both

Target number of participants
40 GPs; 100 Patients

Total final enrolment
55

Key exclusion criteria
Patients:
1. Psychotic disorder
2. Personality disorder
3. Moderate or high suicide risk

Date of first enrolment
01/06/2004

Date of final enrolment
31/12/2006

Locations

Countries of recruitment
Australia

Study participating centre
200 Berkeley Street
Victoria
Australia
3053

Sponsor information

Organisation
The beyondblue Victorian Centre of Excellence in Depression and Related Disorders (Australia)

Sponsor details
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Sponsor type
Government

Website
http://www.beyondblue.org.au

ROR
https://ror.org/05mwvz623

Funder(s)

Funder type
Government

Funder Name
The beyondblue Victorian Centre of Excellence in Depression and Related Disorders

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	16/06/2008	02/05/2019	Yes	No