# Darwinian psychotherapy for depression

Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
	[X] Protocol		
Overall study status	Statistical analysis plan		
Completed	[X] Results		
Condition category	Individual participant data		
	No longer recruiting  Overall study status  Completed		

#### Plain English summary of protocol

Background and study aims

Depression affects almost 7% of the population and is the most important cause of disease burden in middle- and high-income countries. Psychotherapists normally focus on events within the lifespan of a patient and examine the immediate causes of depression. Recent advances in Evolutionary Psychology, however, propose that low mood has an adaptive function. Therefore the aim of this study is to test whether interventions on the evolutionary causes of depression are beneficial for patients.

#### Who can participate?

Romanian-speaking adults diagnosed with increased levels of depressive symptoms are eligible to participate in this project.

#### What does the study involve?

The participants are randomly allocated to receive either cognitive therapy or evolutionary-driven cognitive therapy for depression. Each group undergoes 12 free one-hour therapy sessions, one session per week. The participants are evaluated psychologically at the beginning, during and at the end of treatment.

#### What are the possible benefits and risks of participating?

Cognitive behavioural therapy does not present known risks for the patients, most of whom will benefit from it, at least to some degree.

### Where is the study run from?

This project is run from the Department of Clinical Psychology and Psychotherapy, Babes-Bolyai University (Romania).

When is the study starting and how long is it expected to run for?

The duration of the study is three years (November 2011 November 2014).

#### Who is funding the study?

The study is funded by the Romanian Authority for Scientific Research (Romania).

Who is the main contact? Cezar Giosan cgiosan@gmail.com

# **Contact information**

#### Type(s)

Scientific

#### Contact name

Dr Cezar Giosan

#### Contact details

33-40 88th Street Jackson Heights United States of America 11372

## Additional identifiers

#### Protocol serial number

PN-II-ID PCE 2011-3-0230

# Study information

#### Scientific Title

Darwinian psychotherapy: A clinical trial for an evolutionary-driven type of intervention for depression

#### **Study objectives**

This study examines the efficiency of an evolutionary-driven cognitive therapy for depression, contrasted with classical cognitive therapy for depression.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics Commission, Department of Clinical Psychology and Psychotherapy, Babes-Bolyai University, 05/05/2013, DCMP: 31205/24.05.2013

# Study design

Uni-center randomized interventional study

# Primary study design

Interventional

## Study type(s)

Treatment

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

Depression

#### **Interventions**

Experimental group: Evolutionary-driven cognitive therapy for depression (EB-CBT). This group receives 12 EB-CBT therapy sessions, one session per week.

Control group: Cognitive therapy for depression (CBT). This group receives 12 CBT therapy sessions, one session per week.

#### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

- 1. Depressive symptomatology measured with the Beck Depression Inventory (BDI)
- 2. Depression diagnosis, assessed by the Structured Clinical Interview for DSM-IV (SCID).

Both primary outcomes measured at baseline, fourth, eight, 12th session, and three months after the completion of the treatment.

#### Key secondary outcome(s))

- 1. Perceptions about quality of life
- 2. Social and occupational functioning

Both secondary outcomes measured at baseline, fourth, eight, 12th session, and three months after the completion of the treatment.

#### Completion date

30/09/2014

# **Eligibility**

#### Key inclusion criteria

- 1. Romanian-speaking adults, either sex (18 years old and up) with elevated Beck Depression Inventory scores (>13)
- 2. Current diagnosis of Major Depressive Disorder or Episode with or without co morbid dysthymia

#### Participant type(s)

**Patient** 

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Sex

All

#### Key exclusion criteria

Participants presenting panic disorder, substance abuse, psychotic symptoms, organic brain disorders (e.g., dementia), imminent risk of suicide, self-injury or harming others, serious legal or health issues that would prevent from regularly attending are excluded.

#### Date of first enrolment

01/10/2011

#### Date of final enrolment

30/09/2014

## Locations

#### Countries of recruitment

Romania

United States of America

# Study participating centre 33-40 88th Street

Jackson Heights United States of America 11372

# Sponsor information

#### Organisation

Romanian Authority for Scientific Research (Romania)

# Funder(s)

## Funder type

Research council

#### **Funder Name**

Romanian Authority for Scientific Research: CNCS-UEFISCDI (Romania) Grant number: PN-II-ID PCE 2011-3-0230

# **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?
Protocol article	protocol	19/03/2014		Yes	No
Basic results		, ,	16/06/2020		No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes