

# Comparison of three forms of self help cognitive behavioural therapy

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
28/09/2007	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
28/09/2007	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
18/04/2012	Mental and Behavioural Disorders	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Hannah Patrick

### Contact details

Bexley Care Trust  
221 Erith Road  
Bexleyheath  
United Kingdom  
DA7 6HZ  
+44 020 8298 6210

## Additional identifiers

### Protocol serial number

N0560180008

## Study information

### Scientific Title

### Study objectives

To implement and compare the impact of three cognitive behavioural therapies: Beating the Blues, workbook and internet based.

**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

**Study type(s)**

Treatment

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

Mental and Behavioural Disorders: Depression

**Interventions**

A co-ordinator will establish proactive links with GPs in the area, organize data collection for the research, assess the need for an interpreter to facilitate sessions, and oversee the use of computers by clients. GPs will refer patients if they meet certain criteria. Interested individuals will be asked to give signed consent and then complete a baseline CORE assessment before being randomly allocated to one of the three self-help tools.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Differences in the following indicators of mental health and use of services: total antidepressants dispensed during the 6 months following the diagnosis
2. Use of counselling or other secondary mental health services in the 6 months following the diagnosis
3. Programme completed or interrupted
4. Consultations with primary care staff over the 6 months follow up period
5. Consultations with secondary care over the 6 months follow up period
5. CORE assessment scores at 6 weeks.

**Key secondary outcome(s)**

At six months the following data items will be recorded for all patients:

1. Consultations with primary care staff over the 6 months follow up period
2. Total antidepressants dispensed during the 6 months following the diagnosis (information gathered from the GP's computer)
3. Use of counselling or other secondary mental health services in the 6 months following the

diagnosis and referral to the service (information gathered from the local counseling service and Oxleas mental health Trust)

#### 4. Programme completed or interrupted

CORE assessment scores at 8 weeks

#### Completion date

01/12/2007

## Eligibility

#### Key inclusion criteria

1. Patients aged 18+ years old
2. Suffering from depression, mixed anxiety and depression or anxiety disorder
3. Not receiving any form of psychological treatment or counselling

#### Participant type(s)

Patient

#### Healthy volunteers allowed

No

#### Age group

Adult

#### Lower age limit

18 years

#### Sex

Not Specified

#### Key exclusion criteria

1. Active suicidal ideas
2. A current or lifetime diagnosis of psychosis, personality disorder or organic mental disorder
3. Alcohol and/or drug dependence
4. Have taken medication for anxiety and /or depression continuously for 6 months or more immediately prior to entry

#### Date of first enrolment

01/06/2006

#### Date of final enrolment

01/12/2007

## Locations

#### Countries of recruitment

United Kingdom

England

**Study participating centre****Bexley Care Trust**

Bexleyheath

United Kingdom

DA7 6HZ

## Sponsor information

**Organisation**

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

## Funder(s)

**Funder type**

Government

**Funder Name**

Bexley Care Trust

## 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?
<a href="#">Results article</a>	results	01/09/2009		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes