

An evaluation of the effectiveness of an Internet-based cognitive behavioural therapy (CBT) website in reducing vulnerability to depression in adolescents

Submission date 22/08/2005	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 09/09/2005	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 30/03/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Prof Helen Christensen

Contact details

Building 63, Eggleston Road
The Australian National University
Canberra
Australia
0200

Additional identifiers

EudraCT/CTIS number

Nil known

IRAS number

ClinicalTrials.gov number

Nil Known

Secondary identifying numbers

N/A

Study information

Scientific Title

An evaluation of the effectiveness of an Internet-based cognitive behavioural therapy (CBT) website in reducing vulnerability to depression in adolescents

Study objectives

This project aims to evaluate the effectiveness of an Internet-based program called MoodGYM in preventing depression and increasing resilience skills in young people aged 15-16 years. MoodGYM provides information, demonstrations and exercises designed to help users identify their proneness to mental health problems, gain information about how to address these problems and develop effective thinking strategies and coping skills. More specifically, we aim to investigate whether MoodGYM is effective in lowering depression, improving self-esteem, promoting a more positive thinking style, and lowering stigmatising attitudes to depression amongst adolescents. We will also consider MoodGYM's effects on help-seeking behaviours and alcohol use.

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

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Not Specified

Participant information sheet

Health condition(s) or problem(s) studied

Depression and anxiety

Interventions

MoodGYM - an interactive, online, evidence-based depression prevention program versus no intervention. The 'no intervention' group will be offered MoodGYM after the final follow-up phase of the project.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

Reduced depression and anxiety symptoms, increased self-esteem, more positive attributional style, increased help-seeking and reduced stigma towards depression.

Secondary outcome measures

Not provided at time of registration

Overall study start date

06/02/2006

Completion date

30/10/2006

Eligibility**Key inclusion criteria**

Participants must:

1. Be students in Year 9 or 10
2. Have access to the Internet during class time
3. Be willing to participate in the study, as well as obtain parental consent

Participant type(s)

Patient

Age group

Child

Sex

Both

Target number of participants

3000

Total final enrolment

1477

Key exclusion criteria

Poor literacy

Date of first enrolment

06/02/2006

Date of final enrolment

30/10/2006

Locations

Countries of recruitment

Australia

Study participating centre

Building 63, Eggleston Road

Canberra

Australia

0200

Sponsor information

Organisation

The Australian National University, Centre for Mental Health Research (Australia)

Sponsor details

Building 63, Eggleston Road

The Australian National University

Canberra

Australia

0200

+61 (0)2 6125 2741

cmhr@anu.edu.au

Sponsor type

University/education

Website

<http://www.anu.edu.au/cmhr>

ROR

<https://ror.org/019wvm592>

Funder(s)

Funder type

Charity

Funder Name

Vincent Fairfax Family Foundation (Australia)

Funder Name

The Australian National University (Australia)

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		01/12/2009	30/03/2021	Yes	No