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

Submission date	Recruitment status	[X] Prospectively registered		
22/08/2005	No longer recruiting	☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
09/09/2005	Completed	[X] Results		
Last Edited	Condition category	Individual participant data		
30/03/2021	Mental and Behavioural Disorders			

# 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

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil Known

#### Protocol serial number

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

# Study type(s)

**Not Specified** 

### 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(s)

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

#### Key secondary outcome(s))

Not provided at time of registration

#### 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** 

# Healthy volunteers allowed

No

#### Age group

Child

#### Sex

All

#### 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)

#### **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**

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