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Internet-assisted therapy for adults with depressive symptoms: a study for the effectiveness of interpersonal therapy (IPT) compared to cognitive behaviour therapy (CBT)

Submission date
10/10/2008

Recruitment status
No longer recruiting

Registration date
27/10/2008

Overall study status
Completed

Last Edited
10/07/2014

Condition category
Mental and Behavioural Disorders

[X] 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
Internet-assisted therapy for adults with depressive symptoms: a randomised controlled trial for the effectiveness of interpersonal therapy (IPT) compared to cognitive behaviour therapy (CBT)

Study objectives
1. To determine whether an internet-delivered module of interpersonal therapy (IPT) is as effective as a cognitive behaviour therapy (CBT) module in reducing symptoms of depression and anxiety
1.1. To determine which if any psychological variables mediate the effects on these outcomes, or predict adherence to the IPT intervention
1.2. To determine which if any psychological variables moderate the effects on these outcomes, or predict adherence to the IPT intervention
2. To determine whether the internet-delivered module of IPT is rated as feasible, acceptable and satisfactory as the CBT module
3. To determine whether the IPT and CBT modules produce comparable effects to the MoodGYM intervention

Ethics approval required
Old ethics approval format

Ethics approval(s)
Human Research Ethics Committee (HREC), Australian National University (ANU) Canberra, 14/09 /2008, ref: 2008/269

Study design
Single-centre interventional automated online randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Depressive and anxiety disorders

Interventions
The conditions used in the study are:

Cognitive behaviour therapy (CBT):
The Internet-assisted CBT intervention was developed by the Centre for Mental Health Research (CMHR), Australian National University (ANU). This intervention is based on the principles of CBT. It was developed by the e-hub team and consists of three major sections each of which contains 10 or so exercises or sets of messages. The programme will be offered over 4 weeks. Each week an automated email will be used to remind participants of the availability of their new module.

Interpersonal psychotherapy (IPT):
IPT is a time-limited psychotherapy developed by Klerman et al. (1984) focusing on the onset of depression associated with interpersonal stress. IPT seeks to identify and link interpersonal stressors or conflicts to mood symptoms and to improve interpersonal functioning to reduce depressive symptoms. It has shown to be effective in reducing depressive symptoms among adults. The internet-assisted form of IPT, developed by the CMHR, ANU, consists of four modules. The material will be delivered over four weeks.

Standard CBT (MoodGYM) - control condition:
Participants in this condition will receive the standard online CBT package as delivered over 4 weeks by MoodGYM.

Follow-up: 6 months after end of intervention

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
1. Symptoms of depression and anxiety as measured by the Goldberg Anxiety and Depression Questionnaires (0 'no depression/anxiety' - 9 'depression/anxiety') four times during the course (1 per week)
2. Symptoms of depression as measured by the Center for Epidemiologic Studies Depression Scale (CES-D) (0 'no depressive symptoms' - 60 'severe depressive symptoms') measured at pre-test (baseline), post-test (after intervention) and follow-up (6 months)

Secondary outcome measures
1. Mental Health Literacy (to be developed by CMHR)
2. Stigma, as measured with the Depression Stigma Scale (DSS) - Personal: 9 items, 1 (high level of stigma) to 35 (low level of stigma)
3. Satisfaction with the intervention as measured with the Client Satisfaction Questionnaire (CSQ-8): score 1 (not satisfied) to 32 (very satisfied)
4. Dysfunctional thinking as measured with the Dysfunctional Attitudes Scale-Short Form (DAS-SF) (18 items, 1: low dysfunctional thinking to 126 high level of dysfunctional thinking)
5. Drop-out, measured by the drop-out survey developed by CMHR
6. Worrying, measured with the 7-item Generalised Anxiety Disorder Scale (GAD-7) (0 'no anxiety' - 21 'high level of anxiety')
7. Eurohisqol (8 item) to measure quality of life (1: poor quality of life - 40: high quality of life)
8. Days out of role to measure disability (0 days: no disability; 30 days: severe disability)

9. Mastery to measure perceived control, 7 items (1: low internal control; 28 high internal control)
10. Adherence to the intervention measured by sessions completed

All scales will be measured at pre-test (baseline), post-test (after intervention) and follow-up (6 months), except for the drop out survey (only when people drop out) and CSQ (only post-test).

Overall study start date
01/11/2008

Completion date
01/11/2009

Eligibility

Key inclusion criteria
All individuals (both males and females) will be included in the trial unless they are currently under 18 years of age or are currently receiving treatment for depression by a mental health specialist. Both people with and without depressive symptoms can participate in this trial, as the intervention aims to prevent depression as well as to treat the condition.

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
300 (data recruitment closed since December 2011)

Key exclusion criteria
Individuals younger than 18 years or currently under treatment for depression by a mental health specialist

Date of first enrolment
01/11/2008

Date of final enrolment
01/11/2009

Locations

Countries of recruitment
Australia

Study participating centre
Centre for Mental Health Research
Canberra
Australia
ACT 0200

Sponsor information

Organisation
Centre for Mental Health Research (CMHR) - The Australian National University (ANU) (Australia)

Sponsor details
Building 63
Eggleston Road
Canberra
Australia
0200 ACT

Sponsor type
University/education

Website
http://cmhr.anu.edu.au

ROR
https://ror.org/019wvm592

Funder(s)

Funder type
University/education

Funder Name
Centre for Mental Health Research (CMHR) - The Australian National University (ANU) (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	results	13/05/2013		Yes	No