

# The effectiveness of the self-help course 'In de put, uit de put' through the Internet

<b>Submission date</b> 27/01/2006	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 27/01/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 13/10/2008	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**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**  
NTR420

# Study information

## Scientific Title

The differential effects of minimal psychological treatment for depression.

## Study objectives

Not provided at time of registration

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

## Study design

Randomised controlled, parallel group trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Hospital

## Study type(s)

Quality of life

## Participant information sheet

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

Depressive disorders

## Interventions

A cognitive behavioural course for depressive complaints. There are two groups:

1. This group receives the course by the internet and receives support by email
2. Waiting list control group. These patients will follow the course when the first group has finished.

## Intervention Type

Other

## Phase

Not Specified

## Primary outcome measure

Depressive complaints after 4, 8, 12 and 24 weeks.

## Secondary outcome measures

Cognitions, social skills, and activities after 4, 8, 12 and 24 weeks.

**Overall study start date**

01/05/2006

**Completion date**

01/09/2009

## **Eligibility**

**Key inclusion criteria**

A high score on the screener for depression (Center for Epidemiologic Studies-Depression [CESD]).

**Participant type(s)**

Patient

**Age group**

Not Specified

**Sex**

Not Specified

**Target number of participants**

348

**Key exclusion criteria**

A severe depressive disorder according to Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) criteria (Composite International Diagnostic Interview [CIDI]-auto).

**Date of first enrolment**

01/05/2006

**Date of final enrolment**

01/09/2009

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

VU University Medical Centre

Amsterdam

Netherlands

1081 BT

# Sponsor information

## Organisation

Vrije University Medical Centre (VUMC) (The Netherlands)

## Sponsor details

Department of Clinical Psychology  
Van der Boechorststraat 1  
Amsterdam  
Netherlands  
1081 BT

## Sponsor type

Hospital/treatment centre

## Website

<http://www.vumc.nl>

## ROR

<https://ror.org/00q6h8f30>

# Funder(s)

## Funder type

Hospital/treatment centre

## Funder Name

Vrije University Medical Centre (VUMC) (The Netherlands)

# 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