

# The treatment of anxiety and depression in primary care: a comparison of computer therapy, clinical psychology and GP treatment as usual

<b>Submission date</b> 12/09/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 12/09/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 28/03/2018	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<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

### Contact name

Dr Jim Nightingale

### Contact details

West London Mental Health Trust  
2 Wolverton Gardens  
London  
United Kingdom  
W6 7DY  
+44 (0)20 8846 7765  
[Jim.Nightingale@wlmht.nhs.uk](mailto:Jim.Nightingale@wlmht.nhs.uk)

## Additional identifiers

### Protocol serial number

M0001095604

## Study information

**Scientific Title**

The treatment of anxiety and depression in primary care: a comparison of computer therapy, clinical psychology and GP treatment as usual

**Study objectives**

To compare the efficacy of computer therapy for anxiety and depression with treatment provided by a clinical psychologist and GP treatment as usual. To compare the relative cost effectiveness of the computer and psychologist treatments.

**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**

Mental and Behavioural Disorders: Depression

**Interventions**

This is a randomised control trial. 90 consenting participants with depression and/or anxiety will be randomised to either treatment by the computer or to treatment by psychologists. The control group will comprise 45 matched patients in inner London who are receiving treatment as usual by GPs. Data from this group is being provided by collaborators at the Institute of Psychiatry.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Clinical effectiveness: measures assessing depression and anxiety at screening (assessment) and after 3 months.

Cost effectiveness: costs of the computer equipment, clinical psychologist's time and a research assistant's time will be calculated. Number of visits to the GP in the 3 months before and after the study will also be recorded.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

01/06/2005

## Eligibility

### Key inclusion criteria

The sample comprises referrals from local GPs within the Hammersmith and Fulham Primary Care Groups. Patients (N=90) with anxiety and/or depression who are referred for psychological interventions and who give their written consent will be entered into the study.

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Not Specified

### Sex

Not Specified

### Key exclusion criteria

Does not match inclusion criteria

### Date of first enrolment

01/04/2001

### Date of final enrolment

01/06/2005

## Locations

### Countries of recruitment

United Kingdom

England

### Study participating centre

West London Mental Health Trust

London

United Kingdom

W6 7DY

## Sponsor information

**Organisation**

Department of Health (UK)

**Funder(s)****Funder type**

Research organisation

**Funder Name**

The West London Research Network (WeLReN) (UK)

**Results and Publications****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration