

# Effectiveness of a computerised cognitive behavioural therapy programme (Overcoming Depression) for patients suffering from depression as compared to a waiting list control group.

<b>Submission date</b> 30/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 30/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 11/04/2014	<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

N0573142164

# Study information

## Scientific Title

### Study objectives

Will people receiving Computerised Cognitive Behavioural Therapy (CCBT) show reductions in depressive and anxious symptoms in comparison to those receiving no intervention?

### 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

Mental and Behavioural Disorders: Depression

### Interventions

Computerised Cognitive Behavioural Therapy (CCBT) vs no intervention

### Intervention Type

Other

### Phase

Not Specified

## Primary outcome measure

Beck Depression Inventory (BDI); Beck Anxiety Inventory; Clinical Outcomes in Routine Evaluation: Hospital Anxiety and Depression Scale.

The BDI is the most frequently used measure for considering the effect size. Drawing on similar previous trials we could expect a reduction in BDI scores of approximately 10 points.

### **Secondary outcome measures**

Not provided at time of registration

### **Overall study start date**

01/06/2003

### **Completion date**

30/06/2004

## **Eligibility**

### **Key inclusion criteria**

Male and female adult out patients who have been referred for specialist cognitive behavioural therapy for treatment of depression.

Participants will have:

1. Primary diagnosis of depression disorder or anxiety.
2. No change in medication for the previous 12 weeks.
3. Willingness to try a trial of CCBT.
4. No evidence of severe depression or suicidal intent.
5. No evidence of current substance abuse.
6. No evidence of organic impairment.
7. Agreement of RMO for participation.

### **Participant type(s)**

Patient

### **Age group**

Not Specified

### **Sex**

Not Specified

### **Target number of participants**

40

### **Key exclusion criteria**

1. Patients with organic disorders
2. Patients with personality disorder
3. Patients who can not comprehend English

### **Date of first enrolment**

01/06/2003

### **Date of final enrolment**

30/06/2004

## **Locations**

### **Countries of recruitment**

England

United Kingdom

### **Study participating centre**

**Newcastle Cognitive & Behavioural Therapies Centre**

Newcastle upon Tyne

United Kingdom

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## **Sponsor information**

### **Organisation**

Department of Health

### **Sponsor details**

Richmond House

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### **Sponsor type**

Government

### **Website**

<http://www.dh.gov.uk/Home/fs/en>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

Newcastle, North Tyneside and Northumberland Mental Health NHS Trust (UK), NHS R&D Support Funding

## **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