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Information technology in the out-patient care of adolescents with depression

Submission date	Recruitment status	[ ] Prospectively registered
21/12/2009	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
07/01/2010	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
08/01/2010	Mental and Behavioural Disorders	[ ] 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

Protocol serial number
214245

Study information

Scientific Title
Evaluation of information technology in the out-patient care of adolescents with depression: a multicentre randomised controlled trial with two arms

Acronym

Depis.Net

Study objectives
1. Information technology (IT) use in out-patient care decreases depressive symptoms and behaviour disorders, increases psychosocial functioning, knowledge level about mental problems, and quality of life in adolescents more effectively than traditional care.
2. IT use in out-patient care is cost-effective compared to traditional care in terms of having lower health care costs and less depressive symptoms.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Ethics Committee of the Pirkanmaa Hospital District (Science Center) approved on the 8th October 2008 (ref: R08075H)

Study design
Multicentre randomised controlled two armed trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Depression, out-patient care

Interventions
Intervention group:
Adolescents in intervention group participate to one face-to-face session with researcher where they receive information on intervention, username and password to Depis.Net e-learning platform. Depis.Net -platform includes five (5) informational topic: well-being; family life; treatment of depression; adolescents' depression and adolescents' rights and duties. In addition, Depis.Net -platform includes reflective diary, question corner, BDI-21 questionnaire, reflective questions, network map, and schedule to keep track on sleeping. During five week period adolescents use Depis.Net independently. Each week they have certain informational topic and they work at the platform. In the beginning of new topic adolescents receive individual feedback via Depis.Net and a text-message about the new topic to begin. After five week period adolescents give their feedback of Depis.Net at the platform. Professionals in out-patient clinics discuss with adolescents about the topics based on adolescents' individual needs. In addition, adolescents in intervention group receive standard care with face-to-face sessions with staff.

Control group:
Adolescents in control group, ('treatment as usual') receive standard care with face-to-face sessions with staff.

Total duration of treatment: 5 weeks
Total duration of follow-up: 1 year; baseline, follow up at 3, 6 and 12 month.

Intervention Type

Other

Phase
Not Applicable

Primary outcome(s)
Depressive symptoms: BDI-21. Data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline.

Key secondary outcome(s))
1. Behaviour disorders: The Strengths and Difficulties Questionnaire (SDQ). Data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline.
2. Psychosocial functioning; data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline:
2.1. The Global Assessment Scale (cGAS)
2.2. Clinical Global Impressions (CGI)
Data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline.
3. Knowledge about illness and treatment: Knowledge test (ADKQ). Data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline.
4. Satisfaction with treatment: ADTSQ. Data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline.
5. Quality of Life: PQ-LES-Q. Data collection will take 12 months at four points: baseline, and 3, 6, and 12 months follow-up from baseline.
6. Costs: Client Services Receipt Inventory (CSRI): questions concerning use of health care resources for a retrospective period of 3 months (administered at baseline and 12 month follow-up only)

Completion date
01/10/2011

Eligibility

Key inclusion criteria
1. Adolescents contacting psychiatric out-patient clinics at study hospitals
2. Aged 15 - 17 years, either sex
3. Ability to read, write and speak Finnish
4. Voluntary participation and written consent form

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
15 years

Upper age limit
17 years

Sex
All

Key exclusion criteria
1. Psychotic depression, bipolar disorder, substance abuse
2. Admission to psychiatric in-patient care
3. No depressive symptoms (21-item Beck Depression Inventory [BDI-21] = 10 or under 10)
4. Less than three therapy sessions planned

Date of first enrolment
17/11/2008

Date of final enrolment
01/10/2011

Locations

Countries of recruitment
Finland

Study participating centre
Department of Nursing Science
Turku
Finland
20014

Sponsor information

Organisation
Academy of Finland (Finland)

ROR
https://ror.org/05k73zm37

Funder(s)

Funder type
Research organisation

Funder Name
Academy of Finland (Finland) (ref: 214245)

Alternative Name(s)
Academy of Finland, Suomen Akatemia, Finlands Akademi, AKA

Funding Body Type
Government organisation

Funding Body Subtype
Research institutes and centers

Location
Finland

Funder Name
The Hospital District of Southwest Finland (Finland) (ref: EVO 13893)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Study website	Study website	11/11/2025	11/11/2025	No	Yes