

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

<b>Submission date</b> 21/12/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 07/01/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/01/2010	<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

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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?
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes