

# If chronic depressive patients choose their treatment... Psychoanalytic and cognitive-behavioural long-term treatment for chronic depression

<b>Submission date</b> 21/04/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 10/07/2009	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 12/08/2024	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

As chronic depression is often treatment-resistant and causes considerable disease burdens, it has been recognized as one of the major challenges for mental health care. Yet, there is a lack of good clinical trials both on psychotherapeutic and pharmacological treatments. The long-term outcome of cognitive-behavioural (a type of talking therapy) and psychoanalytic therapies (a type of therapy focusing on the emotional state, feelings and perceptions) of chronic depressed patients remains open to debate and there has been a paucity of high quality studies investigating long-term therapies. The study is the first comparing the long-term effectiveness of controlled cognitive-behavioural (CBT) and psychoanalytic therapies (PAT) of chronic depressed patients and to investigate the effects of preferential vs. randomized assessment.

### Who can participate?

Adults aged 21 to 60 with major depression

### What does the study involve?

In a partial randomization preference trial, patients are asked if they have a preference for one specific treatment (PAT or CBT). Treatments are outlined to them in terms of a general description. If they articulate a specific preference, they are assigned accordingly (preference arm). Assessment is conducted before assignment to treatments, and over a course of five years (including treatment). These include structured clinical interviews, questionnaires and health care utilization (self-report and health insurance data).

### What are the possible benefits and risks of participating?

Participants may benefit from getting written information about the therapies before their decision to make a treatment choice. Participants may benefit from the improvement in their treatment however there is a risk that their mental health could get worse.

Where is the study run from?

Clinic for Psychosomatic Medicine and Psychotherapy (Germany)

When is the study starting and how long is it expected to run for?

October 2007 to February 2019

Who is funding the study?

1. German Society for Psychoanalysis, Psychotherapy, Psychosomatics and Depth Psychology (DGPT) (Germany)
2. Heidehof Stiftung GmbH (Germany)

Who is the main contact?

Professor Manfred E Beutel

## Contact information

### Type(s)

Scientific

### Contact name

Prof Manfred E Beutel

### Contact details

Clinic for Psychosomatic Medicine and Psychotherapy

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## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Psychoanalytic and cognitive-behavioural long-term treatment for chronic depression: short- and long-term effects of preferential treatment and randomised allocation

### Acronym

LAC

### Study objectives

1. Preferential treatment allocation will lead to better outcomes than randomised treatment allocation
2. Cognitive-behavioural treatment will achieve quicker effects than psychoanalytic treatment
3. Psychoanalytic treatment leads to more stable long-term effects
4. Reduction of health costs through the therapy

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics Committee of Landesärztekammer Rheinlandpfalz approved on the 15th May 2007 (ref: 837.124.07[5659])

## **Study design**

Randomised controlled multicentre trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

Chronic major depression in outpatient care

## **Interventions**

Arm 1: Preferential treatment. The participants in this arm will choose either psychoanalytic treatment or cognitive-behavioural treatment.

Arm 2: Randomised allocation. The participants in this arm will be randomly allocated to either psychoanalytic treatment or cognitive-behavioural treatment.

Both treatments will last for a minimum of one year. This trial will take place in Berlin, Frankfurt, Hamburg and Mainz.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

1. Depressive symptomatology, assessed with BDI 2 and QIDS-C at pre- and post-treatment. Treatment response is defined as at least 50% decrease in BDI 2 and QIDS-C scores.
2. Remission, defined as a QIDS-C score of less than 6
3. SKID
4. Operational psychodynamic diagnosis (Operationalisierte Psychodynamische Diagnostik) (OPD2)

All primary and secondary outcomes will be assessed at the initial examination (t0) and after 1, 2 and 3 years of treatment.

## **Key secondary outcome(s)**

1. Symptom Checklist-90-R (SCL-90-R)
2. Social and Occupational Functioning Assessment Scale (SOFAS)
3. Depressive Experiences Questionnaire (DEQ)
4. Reduction in health costs, assessed using health insurance data

All primary and secondary outcomes will be assessed at the initial examination (t0) and after 1, 2 and 3 years of treatment.

**Completion date**

24/02/2019

## Eligibility

**Key inclusion criteria**

1. Both males and females, age range 21 - 60 years
2. Major depression (by SKID I, the German version of Structural Clinical Interview I [SCID I]) and /or dysthymia (by SKID I)
3. Complaints for at least 12 month
4. Quick Inventory of Depressive Symptomatology - clinician rating (QIDS-C) greater than 9
5. Beck Depression Inventory II (BDI II) greater than 17
6. Sufficient knowledge of the German language
7. No restriction of intellectual capacity
8. Consent to the study protocol, secrecy containment to the treating physician

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

252

**Key exclusion criteria**

1. Current or in the case history psychotic symptomatology, schizoaffective, schizophrenic or bipolar affective disorder
2. Substance dependence current or during the last 3 years
3. Dementia
4. Borderline, schizotypal and antisocial personality disorder
5. Acute suicidality
6. Serious physical illness that strongly affects the depression or is causally for the depression

**Date of first enrolment**

01/06/2007

**Date of final enrolment**

12/07/2013

# Locations

## Countries of recruitment

Germany

## Study participating centre

Clinic for Psychosomatic Medicine and Psychotherapy

Mainz

Germany

D-55131

# Sponsor information

## Organisation

German Society for Psychoanalysis, Psychotherapy, Psychosomatics and Depth Psychology (DGPT) (Germany)

## ROR

<https://ror.org/01hd27x96>

# Funder(s)

## Funder type

Research organisation

## Funder Name

German Society for Psychoanalysis, Psychotherapy, Psychosomatics and Depth Psychology (DGPT) (Germany) - main funder

## Funder Name

Heidehof Stiftung GmbH (Germany)

# Results and Publications

## Individual participant data (IPD) sharing plan

The current data sharing plans for the current study are unknown and will be made available at a later date

## IPD sharing plan summary

Data sharing statement to be made available at a later date

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/01/2019	14/02/2020	Yes	No
<a href="#">Results article</a>		09/08/2024	12/08/2024	Yes	No
<a href="#">Protocol article</a>	protocol	26/07/2012		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes