

# A randomised controlled trial of the feasibility and effectiveness of Internet-based interventions for depression in a telephone counselling setting

<b>Submission date</b> 10/04/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/04/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 19/09/2012	<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**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

## Scientific Title

### Study objectives

The aim of this research is to evaluate the effectiveness of Internet-based tools (MoodGYM [<http://www.moodgym.anu.edu.au>] and BluePages [<http://www.bluepages.anu.edu.au>]) in the treatment of depression and anxiety among callers to a large, national telephone counselling centre. This project will use a randomised controlled trial to assess 1) whether self-administered online cognitive behaviour therapy and psychoeducation are effective in reducing symptoms of depression and anxiety and 2) whether regular contact from a telephone counsellor optimises the effectiveness of these programs.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Australian National University Human Ethics Committee. Date of approval: 14/03/2007 (ref: 2007/12)

### Study design

Stratified, multi-centre, randomised controlled trial. 2 x 2 factorial design.

### Primary study design

Interventional

### Study type(s)

Treatment

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

Depression and anxiety

### Interventions

The participants will be randomly allocated to the following four arms:

Arm 1: MoodGYM, an evidence based depression prevention website based on cognitive behavioural therapy, and BluePages, a website providing evidenced based information on depression.

Arm 2: MoodGYM and BluePages plus weekly telephone contact from a support person.

Arm 3: Attention control condition, in which participants receive weekly telephone contact from a support person to discuss factors associated with depression.

Arm 4: "Treatment as usual" control condition, in which participants access telephone counselling as usual.

Duration of interventions: 6 weeks

### Intervention Type

Other

**Phase**

Not Specified

**Primary outcome(s)**

The following will be assessed at pre-intervention, post-intervention, and 6 and 12 months post-intervention:

1. Depression, as measured by the Centre for Epidemiological Studies Depression Scale
2. Anxiety, as measured by the Depression Anxiety and Stress Scales

**Key secondary outcome(s)**

The following will be assessed at pre-intervention, post-intervention, and 6 and 12 months post-intervention:

1. Dysfunctional thoughts (Automatic Thoughts Questionnaire)
2. Personal stigma, assessed by a scale developed by the researchers of this study
3. Beliefs about the Internet, assessed by the items developed by the researchers of this study
4. Mental health literacy, assessed by the items developed by the researchers of this study
5. Help-seeking, assessed by the items developed by the researchers of this study
6. Depression literacy, assessed by the items developed by the researchers of this study
7. Cognitive behaviour therapy literacy, assessed by the items developed by the researchers of this study
8. Alcohol use, measured by the Alcohol Use Disorders Identification Test
9. Quality of life, assessed by the European Health Interview Survey 8 (EUROHIS-8)
10. Suicidal ideation, assessed using four items from the 28-item General Health Questionnaire (GHQ-28)

**Completion date**

31/12/2008

**Eligibility****Key inclusion criteria**

Callers to a national telephone counselling service who:

1. Are aged 18 years or older, both men and women
2. Consent to participate
3. Are English-speaking
4. Have access to the Internet at least once a week
5. Obtain a score of 22 or above on the Kessler Psychological Distress Scale (K-10)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Individuals who:

1. Report a history of schizophrenia, psychosis or bipolar disorder
2. Are currently receiving cognitive behavioural therapy
3. Have a reading impairment

**Date of first enrolment**

01/07/2007

**Date of final enrolment**

31/12/2008

**Locations****Countries of recruitment**

Australia

**Study participating centre****Centre for Mental Health Research**

Canberra, ACT

Australia

0200

**Sponsor information****Organisation**

The Australian National University (Australia)

**ROR**

<https://ror.org/019wvm592>

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

Government

**Funder Name**

Australian Research Council, Linkage Grant (ref: LP0667970)

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	secondary outcomes results	27/06/2012		Yes	No
<a href="#">Other publications</a>	evaluation of recruitment challenges	01/12/2010		Yes	No
<a href="#">Other publications</a>	effectiveness of internet-based interventions	01/12/2011		Yes	No