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Effectiveness of a breakthrough collaborative aimed at the implementation of depression guidelines in primary and secondary care

Submission date
26/02/2007

Recruitment status
No longer recruiting

Registration date
26/02/2007

Overall study status
Completed

Last Edited
09/05/2019

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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

Effectiveness of a breakthrough collaborative aimed at the implementation of depression guidelines in primary and secondary care

Study objectives
Implementation of innovations in mental health care needs multifaceted strategies in order to improve care with better outcomes for patients. The hypothesis in this study is: teams of health care professionals participating in a Breakthrough Depression Project implement national guidelines to a higher degree with better outcomes for patients than a control group of health care professionals and their patients receiving care as usual.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approval received from the local ethics board (METIGG-ZUID [South]) on the 18th April 2007 (ref: 6.115).

Study design
The design is a quasi-experimental trial, consisting of a systematic measurement of patient outcomes (depression symptoms and functional status) and care provided by practitioners (antidepressant prescription, monitoring) of the new Depression Collaborative

Primary study design
Interventional

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Implementation, depression, guidelines

Interventions
The intervention group receives depression care according to guidelines, the control group receives care as usual.

Depression care according to guidelines concerns a series of effective interventions, in a specific order. According to this stepped care principle patients start at the lowest level of treatment from which an effect can be expected in order to step up to a more intense level of treatment, when the first step has not generated the expected effect within a number of weeks. The levels of treatment consist of one of more of the following interventions:
1. Information
2. Psycho-education
3. Individual or group self-help course
4. Running therapy
5. Problem solving treatment or brief psychotherapeutic interventions
6. Antidepressants
7. Psychotherapy (cognitive therapy, cognitive behavioural therapy, interpersonal psychotherapy)

Stepped care assumes that depression symptoms are being monitored. In the intervention group a Beck Depression Inventory will be administered every six weeks until the score is under ten.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Outcomes are on the professional, organisational and on the patient level.
1. The primary outcome measure of professional performance is:
a. a reduction of antidepressants prescription for patients with non-severe depression (reduction of overtreatment)
2. The primary outcome measure of organisational performance is:
a. a reduction of the waiting time to specialised depression treatment for patients with severe or long term depression (reduction of under-treatment)
3. The primary outcome measures on the patient level are:
a. a reduction in depressive symptoms and an improvement in disability status (effectiveness)

Key secondary outcome(s))
Secondary measures are:
1. Professional performance: satisfaction with collaboration, patient education delivered
2. Organisational level: monitoring system in use
3. Patient level outcomes: care consumption, satisfaction with care

Completion date
01/03/2009

Eligibility

Key inclusion criteria
1. Aged 18 to 65
2. Sufficient Dutch language skills

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
Not Specified

Total final enrolment
536

Key exclusion criteria
1. Aged younger than 18 and older than 65
2. Insufficient Dutch langauage skills

Date of first enrolment
01/09/2006

Date of final enrolment
01/03/2009

Locations

Countries of recruitment
Netherlands

Study participating centre
Trimbos Institute
Utrecht
Netherlands
3500 AS

Sponsor information

Organisation
Trimbos-institute - Netherlands Institute of Mental Health and Addiction (The Netherlands)

ROR
https://ror.org/02amggm23

Funder(s)

Funder type
Government

Funder Name
Reserve Voormalige Vrijwillige Ziekenfondsen (RVVZ) (The Netherlands) - a governmental non profit health organisation

Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (The Netherlands)

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?
Results article	results	15/06/2009	09/05/2019	Yes	No