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The shareIT project

Submission date	Recruitment status	[ ] Prospectively registered
24/05/2011	Stopped	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
22/06/2011	Stopped	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
07/08/2019	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
It has been estimated that millions of people worldwide use bulletin boards, forums and internet support groups for health conditions. However, little is known about the effectiveness of these groups in terms of symptom reduction or improvement in quality of life. A recent study found that an online bulletin board set up specifically for use by research participants was effective at reducing depression symptoms. The current study extends on this study by investigating the effectiveness of an established online bulletin board for depression available to the public. The aims of the study are to determine whether this bulletin board improves mental health and quality of life.

Who can participate?
People aged over 18 with self-reported current or previous experience of depression

What does the study involve?
Participants are randomly allocated to one of two groups. Participants in one group are given access to the online support group for 6 months. 3. Participants in the other group are given access to the online support group after waiting 6 months. All participants are asked to complete survey assessments at the start of the study and after 6 and 12 months.

What are the possible benefits and risks of participating?
Not provided at time of registration

Where is the study run from?
The study is conducted online, administered by the Centre for Mental Health Research, Canberra, Australia.

When is the study starting and how long is it expected to run for?
June 2011 to January 2013

Who is funding the study?
National Health and Medical Research Council (Australia)

Who is the main contact?
Prof. Kathy Griffiths

Contact information

Type(s)
Scientific

Contact name
Prof Kathy Griffiths

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Additional identifiers

Protocol serial number
ACTRN12611000377932

Study information

Scientific Title
Effectiveness of an online bulletin board for depression: a longitudinal randomized controlled trial

Study objectives
Current study hypothesis as of 07/06/2012
The project aims to investigate the effectiveness of an online bulletin board as a support tool for depression

Previous study hypothesis
The project aims to investigate the effectiveness of an online bulletin board (BlueBoard) as a support tool for depression

Ethics approval required
Old ethics approval format

Ethics approval(s)
Australian National University Human Research Ethics Committee, 06/05/2011, ref: Human Ethics Protocol 2011/037

Primary study design
Interventional

Study design
Longitudinal randomized controlled trial

Study type(s)
Quality of life

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

Interventions
Current interventions as of 07/06/2012:
1. The study involves an active intervention and a waitlist control
2. Participants will be given access to the online support group (intervention) for a 6 month period
3. After 6 months participants allocated to the control group will also receive access to the intervention
4. The online support group for depression uses a bulletin board format to facilitate discussions
5. Participants will be asked to complete survey assessments prior to commencing the study (baseline) and at 6 and 12 month time-points

Previous interventions:
1. The study involves an active intervention and a waitlist control
2. Participants will be given access to the BlueBoard support group (intervention) for a 6 month period
3. After 6 months participants allocated to the control group will also receive access to the intervention
4. BlueBoard is an online support group for depression which uses a bulletin board format to facilitate discussions
5. Participants will be asked to complete survey assessments prior to commencing the study (baseline) and at 6 and 12 month time-points

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Depressive symptoms: Centre for Epidemiological Studies - Depression (CES-D) 20-item self - report measure of depression severity
2. Patient Health Questionnaire - 9 item scale (PHQ-9)

Key secondary outcome(s)
1. Anxiety symptoms: GAD-7
2. Quality of Life: EUROHIS QOL - 8 item index
3. Disability: 'Days Out of Role' questions adapted from US National Comorbidity Survey
4. Perceived Social Support: Medical Outcomes Study Social Support Survey (MOS)
5. UCLA Loneliness Scale
6. Stigma: Self-stigma of Depression Scale
7. Help-seeking: purpose developed items
8. Self-esteem: Rosenberg Self-esteem Scale
9. Mental Well-being: Warwick-Edinburgh Mental Wellbeing Scale
10. Empowerment: Empowerment Scale
11. Self-compassion: Self-compassion Scale - Short form

12. Participation in healthcare measure
13. Satisfaction & sser perceived benefits

Completion date
31/01/2013

Reason abandoned (if study stopped)
Lack of staff/facilities/resources

Eligibility

Key inclusion criteria
1. Over 18 years of age
2. Internet access with email
3. Self-report of current or previous experience of depression

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. Current participation in an online support group for depression
2. Diagnosis of bipolar disorder, schizophrenia, or psychosis

Date of first enrolment
01/06/2011

Date of final enrolment
31/01/2013

Locations

Countries of recruitment
Australia

Study participating centre

Australian National University
Canberra
Australia
0200

Sponsor information

Organisation
Australian National University (Australia)

ROR
https://ror.org/019wvm592

Funder(s)

Funder type
Government

Funder Name
National Health and Medical Research Council (NHMRC Fellowship ref 525413)

Alternative Name(s)
National Health and Medical Research Council, Australian Government, NHMRC National Health and Medical Research Council, NHMRC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Australia

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes