

Randomised controlled trial of a web-based cognitive behavioural intervention for psoriasis

Submission date 21/05/2010	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 21/05/2010	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 29/07/2013	Condition category Skin and Connective Tissue Diseases	☐ 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
7310

Study information

Scientific Title

Acronym
Web based cognitive behaviour therapy for people with psoriasis

Study objectives

Psoriasis is a chronic inflammatory skin disease affecting approximately 2-3% of the population. The condition is incurable at this stage and the course is recurrent, with periods of remission. It is believed to be a genetic disease, with the genetic tendency thought to be triggered by various environmental factors including infection, skin trauma, certain medications and stress.

Previous research has shown that psoriasis patients have a high incidence of psychological distress, with studies reporting psychological disturbance in the order of 30 - 40% of patients. Psychological distress reported by psoriasis patients includes increased levels of anxiety, depression, excessive worry, reduced quality of life and impaired everyday functioning. Overall, psoriasis patients report more psychological distress than any other dermatology group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

MREC approved (ref: 08/H1012/17)

Study design

Single centre randomised interventional treatment trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Topic: Skin; Subtopic: Skin (all Subtopics); Disease: Dermatology

Interventions

Cognitive behaviour therapy (CBT) in a web-based format. This method allows participants to complete the study in privacy, at their own convenience and makes the treatment more broadly accessible.

Follow up length: 6 months

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Subjective reports of self efficacy

Key secondary outcome(s))

1. Change in illness beliefs
2. Improved quality of life
3. Reduced alcohol consumption

Completion date

31/12/2009

Eligibility

Key inclusion criteria

Male and female, lower age limit of 16 years

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

01/04/2009

Date of final enrolment

31/12/2009

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Stott Lane

Salford

United Kingdom

M6 8HD

Sponsor information

Organisation

Salford Royal NHS Foundation Trust (UK)

ROR

<https://ror.org/019j78370>

Funder(s)

Funder type

Charity

Funder Name

Psoriasis and Psoriatic Arthritis Alliance (PAPAA) (UK)

Alternative Name(s)

PAPAA

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

United Kingdom

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	01/08/2013		Yes	No