

An evaluation of the effectiveness of structured Cognitive Behaviour Therapy (CBT) self-help materials delivered by a self-help support worker within primary care

Submission date 30/08/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 09/09/2005	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 21/01/2013	Condition category 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
04 AMO6

Study information

Scientific Title

Study objectives

1. Patients using the CBT self-help materials will have:
 - 1.1. Improved mood measured on the Beck Depression Inventory (BDI-II)
 - 1.2. Improved social functioning measured on the Clinical Outcome Measure in Routine evaluation - Outcome Measure (CORE-OM)
 - 1.3. Lower health care costs
 - 1.4. Improved knowledge of the causes and treatment of depression compared to the control group receiving treatment as usual
2. Written self-help will be acceptable to both patients and staff within a primary care setting

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Depressive symptoms

Interventions

We are evaluating a structured self-help workbook treatment for mild to moderate depression called Overcoming Depression: A Five Areas Approach. A randomised controlled study design comparing treatment as usual as a control (arm 1); and supported self-help via three 40-minute appointments at week 1, 2 and one month (the '2 + 1' model, Barkham et al, 1996) comprising the second arm of the study.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Comparison between the Beck Depression Inventory -II scores for the two randomised groups (self help plus treatment as usual versus TAU) using a 2 sample 2-sided t-test at 4 months.

Key secondary outcome(s)

Psychological symptoms, well-being, risk and social functioning (using the CORE-OM scale), and acceptability of the intervention (using the Client Satisfaction Questionnaire- CSQ) compared to treatment as usual. In addition, the health care costs of both arms are being evaluated and the Euroqol (European Quality of Life measure) used to record health status and health-related quality of life change. Secondary analyses will also examine the impact of treatment patient knowledge. Further analyses that adjust the treatment effect for a pre-specified set of baseline covariates thought to be of influence on the treatment effect such as use of antidepressants, other self-help materials, and the chronicity of depression using Normal Linear models, will be considered. The approach by Jacobson et al, (1991) to present change in the group under study at the level of the individual will also be used. Categorical data will be compared between the two groups using chi-squared tests and logistic regression to adjust for covariates.

Completion date

30/06/2007

Eligibility

Key inclusion criteria

1. Patients presenting in a primary care/General Practice setting with symptoms of depression
2. Beck Depression Inventory -II score of 14 or more
3. Aged eighteen or above
4. Able to use the materials (i.e. have no visual or reading problems, learning difficulties or dementia)

Any member of the primary care team including GPs, practice or district nurses and health visitors will be able to refer to the study.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

- 1, Suicidal intent (score of 2 or more on the BDI-II suicidal thoughts item)
2. Impaired concentration and motivation (as measured by a score of 7 or more on the combined BDI II items for energy [item 15], concentration difficulty [item 19] and tiredness [item 20])

Date of first enrolment

01/04/2004

Date of final enrolment

30/06/2007

Locations

Countries of recruitment

United Kingdom

Scotland

Study participating centre

Psychological Medicine

Glasgow

United Kingdom

G63 9SJ

Sponsor information

Organisation

NHS Greater Glasgow (UK)

ROR

<https://ror.org/05kdz4d87>

Funder(s)

Funder type

Government

Funder Name

Chief Scientists Office Scottish Executive Health Department (UK) (ref: CZH/4/61)

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				

[Results article](#)

01/09/2013

Yes

No