

Telephone-administered cognitive behaviour therapy (CBT) for the treatment of obsessive compulsive disorder: A randomized controlled trial

Submission date 25/08/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 13/09/2005	Overall study status Completed	☐ Protocol
Last Edited 08/11/2022	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number

RDO/28/1/26

Study information

Scientific Title

Telephone-administered cognitive behaviour therapy (CBT) for the treatment of obsessive compulsive disorder: A randomized controlled trial

Study objectives

Exposure therapy and response prevention will yield equivalent clinical outcomes whether delivered by telephone or by face to face therapist contact in the treatment of obsessive-compulsive disorder

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Obsessive-compulsive disorder (OCD)

Interventions

Exposure therapy and response prevention delivered by either telephone or face to face

Intervention Type

Behavioural

Primary outcome(s)

CBT delivered by telephone shows equivalent clinical outcome as face to face therapy and similar levels of satisfaction were reported.

Key secondary outcome(s)

Cost-minimisation analysis shows that treatment by telephone is cheaper than face to face CBT. The main cost-driver is treatment time defined by the protocol and, for telephone-administered CBT, this duration was shorter.

Completion date

30/09/2002

Eligibility**Key inclusion criteria**

1. Obsessive-compulsive disorder as the main presenting problem
2. Meet Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria

for OCD

3. Yale-Brown Obsessive Compulsive Scale (Y-BOCS) score of 16 and over

4. Aged between 16-65

5. Agree to, and give written consent to participate in the study

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

16 years

Upper age limit

65 years

Sex

All

Total final enrolment

72

Key exclusion criteria

1. Obsessions without overt compulsions
2. Obsessional slowness
3. Organic brain disease
4. On a stable dose of antidepressants or anxiolytic medication for less than 3 months
5. Past or present psychosis
6. Meet DSM-IV criteria for substance abuse or dependence
7. Currently on more than 10 mg of Diazepam or equivalent daily
8. Severe depression >30 on Beck Depression Inventory (BDI)
9. Suicidal intent

Date of first enrolment

01/10/2000

Date of final enrolment

30/09/2002

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
School of Nursing
Manchester
United Kingdom
M13 9PL

Sponsor information

Organisation
North West Research and Development Support Unit (UK)

Funder(s)

Funder type
Government

Funder Name
North West Research and Development Support Unit, Salford (Ref: RDO/28/1/26) - regional NHS R&D funding stream

Results and Publications

Individual participant data (IPD) sharing plan
Not provided at time of registration

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		28/10/2006		Yes	No