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Evaluation of telephone-administered cognitive-behaviour therapy (CBT) for young people with obsessive-compulsive disorder (OCD)

Submission date
14/08/2008

Recruitment status
No longer recruiting

Registration date
18/09/2008

Overall study status
Completed

Last Edited
22/10/2015

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
PB-PG-0107-12333

Study information

Scientific Title
An evaluation of the clinical effectiveness, cost-effectiveness and acceptability of a telephone-administered cognitive-behaviour therapy (CBT) programme for children and young people with obsessive-compulsive disorder (OCD)

Study objectives
1. The clinical outcome of cognitive-behaviour therapy (CBT) delivered by telephone will be equivalent to CBT treatment delivered face-to-face in the treatment of childhood OCD
2. Telephone CBT for young people will be a cost-effective means of service delivery
3. Young people and their families will find this treatment acceptable and convenient

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Joint South London and Maudsley and the Institute of Psychiatry NHS Research Ethics Committee, 25/03/2008, ref: 08/H0807/12

Study design
Randomised single-centre single-blind non-inferiority controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Obsessive-compulsive disorder (OCD)

Interventions
Participants will be randomly allocated to receive either face-to-face CBT or telephone-administered CBT. All participants will receive up to 14 sessions of CBT within 17 weeks (each CBT session lasts approximately 55 minutes).

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
The following will be measured at assessment, baseline, post-treatment, 3-month, 6-month and 12-month follow-up:
1. A diagnosis of OCD, as measured by the Anxiety Disorders Interview Schedule for DSM-IV Parent/Child Versions (ADIS-IV-C/P)
2. The severity of OCD symptoms, as measured by the Children's Yale-Brown Obsessive-Compulsive Scale (CY-BOCS)

Key secondary outcome(s)

The following will be measured at assessment, baseline, post-treatment, 3-month, 6-month and 12-month follow-up:
1. Children's Obsessive-Compulsive Inventory (ChOCI C/P)
2. Strengths and Difficulties Questionnaire (SDQ)
3. Beck Depression Inventory for Youth (BDI-Y)
4. Depression, Anxiety and Stress Scales (DASS)
5. Family Accommodation Scale (FAS)
6. Children's Global Assessment Scale (CGAS)
7. Child and Adolescent Service Use Schedule (CA-SUS)
8. EuroQol-5D (EQ-5D)

Completion date
30/09/2011

Eligibility

Key inclusion criteria
1. Both males and females, age 11 to 18 years
2. Primary Diagnostic and Statistical Manual of Mental Disorders, 4th edition (DSM-IV) diagnosis of OCD
3. Stable medication for 12 weeks (if relevant)
4. Access to a telephone

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
11 years

Upper age limit
18 years

Sex
All

Key exclusion criteria
1. Current diagnosis of psychosis, current alcohol or substance abuse/dependence
2. English too poor to engage in treatment without an interpreter being required
3. Severe disabling neurological disorder
4. A diagnosed global learning disability or pervasive developmental delay
5. Characteristics interfering with completion of treatment e.g. life-threatening or unstable medical illness

Date of first enrolment

01/09/2008

Date of final enrolment
30/09/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Maudsley Hospital
London
United Kingdom
SE5 8AZ

Sponsor information

Organisation
Institute of Psychiatry, Kings College London (UK)

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR) (UK), Research for Patient Benefit (RfPB) Programme (ref: PB-PG-0107-12333)

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	01/12/2014		Yes	No