

RCT of self-help intervention - phase 2

Submission date 28/09/2007	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 28/09/2007	Overall study status Completed	☐ Protocol
Last Edited 24/08/2012	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

N0266184278

Study information

Scientific Title

Study objectives

Is there a difference in clinical outcomes between clients who receive a 1+ 1 model of facilitated self help intervention shortly after initial assessment compared to a waiting list control?

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

Mental and Behavioural Disorders: Anxiety disorders

Interventions

A randomised controlled trial of a self help intervention for anxiety patients waiting for psychological therapy phase 2. Quantitative & qualitative. Random allocation to:

1. Early facilitation group (EFG)
2. Delayed facilitation group (DFG)

EFG offered session > 2 weeks following screening; DFG standard waiting list.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Clinical Outcomes in Routine Evaluation-Outcome Measure (CORE-OM)

Key secondary outcome(s)

Not provided at time of registration

Completion date

01/09/2007

Eligibility**Key inclusion criteria**

1. 2 groups of service users within Primary Care and Liaison Treatment Team (PLATT) team
2. Patients screened by a primary care mental health team who have mild to moderate anxiety and depression problems

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Patients with severe depression
2. Personality disorders
3. Severe substance misuse and psychosis

Date of first enrolment

01/02/2006

Date of final enrolment

01/09/2007

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Adult Psychological Therapies Services

Wakefield

United Kingdom

WF1 3SP

Sponsor information**Organisation**

Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Funder(s)**Funder type**

Government

Funder Name

South West Yorkshire Mental Health NHS Trust (UK), NHS R&D Support Funding

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	01/09/2011		Yes	No