

# Short-term cognitive behavioural therapy and short-term psychoanalytical supportive psychotherapy as treatment for depression: a randomised clinical trial

<b>Submission date</b> 28/12/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 28/12/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/11/2013	<b>Condition category</b> Nervous System Diseases	<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

### Contact name

Ms E Driessen, MSc

### Contact details

Klaprozenweg 111

Amsterdam

Netherlands

1033 NN

+31 (0)20 590 5126

ellen.driessen@mentrum.nl

## Additional identifiers

## Study information

Scientific Title

Acronym

### **Study objectives**

A randomised clinical trial comparing the efficacy, efficiency and applicability of short-term cognitive behavioural therapy and short-term psychoanalytical supportive psychotherapy in the treatment of depressive disorders.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approval received from the Dutch council of medical-ethic boards for mental health institutes (Stichting Medisch-Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg [METiGG]) on the 12th May 2006 (ref: 5236).

### **Study design**

Randomised, parallel group, multicentre trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Depressive disorders

### **Interventions**

1. Mild to moderate depression (HDRS score 14 to 24):  
Short-term Cognitive Behavioral Therapy or Short-term Psychoanalytical Supportive Psychotherapy, 16 sessions of 45 minutes, during 22 weeks.
2. Severe depressive symptoms (HDRS score more than 24):  
Combination treatment: psychotherapy as mentioned above in combination with antidepressants.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Depressive complaints according to patient, therapist and independent rater at week 5, 10, 22 and 52.

### **Key secondary outcome(s)**

1. Quality of life
2. Predictors of treatment outcome at week 22 and 52

### **Completion date**

01/07/2009

# Eligibility

## Key inclusion criteria

1. Main diagnosis of:
  - a. Major Depressive Episode
  - b. Major Depressive Disorder
  - c. Depressive Disorder not otherwise specified according to Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition (DSM-IV) criteria
2. Hamilton Depression Rating Scale (HDRS) score more than 14
3. Age 18 to 65
4. Written informed consent

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Lower age limit

18 years

## Sex

Not Specified

## Key exclusion criteria

1. Bipolar Disorder
2. Depressive disorder with psychotic features
3. Suicide risk
4. Loss of impulse-control
5. Use of non-trial anti-depressants
6. Use of anti-psychotics or mood stabilisers
7. Substance abuse
8. Language problems
9. Contact with same Mentrum location within last six months

## Date of first enrolment

01/04/2006

## Date of final enrolment

01/07/2009

# Locations

## Countries of recruitment

Netherlands

**Study participating centre**  
Klaprozenweg 111  
Amsterdam  
Netherlands  
1033 NN

## Sponsor information

### Organisation

Mentrum Mental Health Care Amsterdam (The Netherlands)

## Funder(s)

### Funder type

Industry

### Funder Name

Wyeth Pharmaceuticals (The Netherlands) - unrestricted grant

## 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?
<a href="#">Results article</a>	results	01/09/2013		Yes	No