

Cognitive-behavioural self-help for depressed and anxious adults; a randomised controlled trial comparing computer based interactive self-help versus a self-help treatment manual

Submission date

12/09/2003

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

12/09/2003

Overall study status

Completed

☐ Statistical analysis plan

☐ Results

Last Edited

25/04/2014

Condition category

Mental and Behavioural Disorders

☐ Individual participant data

☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Mr Darren Spooner

Contact details

Clinical Psychologist
Norfolk Mental Health Care NHS Trust
Kingfisher House, Wensum Meadows
Hellesdon Hospital
Norwich
United Kingdom
NR6 5NB
+44 01603 421685

Additional identifiers

Protocol serial number

N0546117071

Study information

Scientific Title

Study objectives

1. That the clinical effectiveness of computer based interactive behavioural self help is equal to the clinical effectiveness of a traditional cognitive behavioural self help manual for adults suffering from mild to moderate depressive illness or anxiety.
2. That traditional cognitive behavioural self help manuals are more cost effective than computer based interactive cognitive behavioural self help for adults suffering from mild to moderate depressive illness or anxiety.
3. That both computer based interactive cognitive behavioural self help and traditional cognitive behavioural self help manuals are at least as clinically effective as GP care as usual for adults suffering from mild to moderate depressive illness or anxiety.

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)

Not Specified

Health condition(s) or problem(s) studied

Mental and Behavioural Disorders: Depression

Interventions

Randomised to one of four conditions:

1. Computer based cognitive behaviour therapy (CBT) self help - immediate start
2. Computer based CBT self help - delayed start (8 weeks)
3. Manual based CBT self help - immediate start
4. Manual based CBT self help - delayed start (8 weeks)

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Conclusion of active treatment phase - 8 weeks of therapy.

Key secondary outcome(s)

Not provided at time of registration

Completion date

10/02/2003

Eligibility

Key inclusion criteria

200 patients

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

10/08/2002

Date of final enrolment

10/02/2003

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Clinical Psychologist

Norwich

United Kingdom

NR6 5NB

Sponsor information

Organisation

Department of Health (UK)

Funder(s)

Funder type

Government

Funder Name

East Norfolk and Waveney Research Consortium - Norfolk Mental Health Care NHS Trust

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration