

A randomised controlled trial of the efficacy of patients receiving a brief supervised self-help training package by practice nurses in primary care settings.

Submission date 23/01/2004	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 23/01/2004	Overall study status Completed	☐ Protocol
Last Edited 28/01/2010	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

Prof Michael Barkham

Contact details

Psychological Therapies Research Centre
17 Blenheim Terrace
Leeds
United Kingdom
LS2 9JT
+44 (0)113 2331955

Additional identifiers

Protocol serial number

RCTC61 442034

Study information

Scientific Title

Study objectives

What are the clinical & economic differences between treatment as usual & practice nurse delivered self-help packages to patients with minor mental health problems.

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

Minor mental health problems

Interventions

1. Practice nurse delivered self-help packages
2. Standard care

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Patient outcome measures
 - 1.1. European Quality of Life (EuroQuol)
 - 1.2. Clinical Outcomes in Routine Evaluation (CORE), problems and targets
2. Measures of economic effects (EQ-5D)
3. Primary care activity measures

Key secondary outcome(s)

Not provided at time of registration

Completion date

01/03/2002

Eligibility**Key inclusion criteria**

30 primary care practices, 15 with a GP counsellor, 15 without; 1600 patients in total

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Other

Sex

All

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/03/1999

Date of final enrolment

01/03/2002

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Psychological Therapies Research Centre

Leeds

United Kingdom

LS2 9JT

Sponsor information**Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

Funder(s)

Funder type
Government

Funder Name
NHS Executive Northern and Yorkshire (UK)

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	01/10/2003		Yes	No