

# Randomised controlled trial of group Interpersonal PsychoTherapy with depressed community members in a rural township in Huairou County, Beijing

|                                        |                                                               |                                                      |
|----------------------------------------|---------------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>18/12/2006   | <b>Recruitment status</b><br>No longer recruiting             | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>05/06/2007 | <b>Overall study status</b><br>Completed                      | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>19/10/2021       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan   |
|                                        |                                                               | <input type="checkbox"/> Results                     |
|                                        |                                                               | <input type="checkbox"/> Individual participant data |
|                                        |                                                               | <input type="checkbox"/> Record updated in last year |

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Michael Phillips

### Contact details

Beijing Hui Long Guan Hospital

Beijing

China

100096

## Additional identifiers

### Protocol serial number

BSRPC-2

## Study information

### Scientific Title

Randomised controlled trial of group Interpersonal PsychoTherapy with depressed community members in a rural township in Huairou County, Beijing

**Acronym**

IPT-China

**Study objectives**

Compared to a Treatment As Usual (TAU) group of depressed subjects, those randomly assigned to a 16-week group Interpersonal Psychotherapy (IPT) intervention will have a significantly greater improvement in depression and anxiety symptoms at four months after enrolment (at the end of the IPT treatment) and ten months after enrolment (six months after the end of the IPT treatment).

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved by IRB of Hui Long Guan Hospital

**Primary study design**

Interventional

**Study design**

Randomised Controlled Trial

**Study type(s)**

Treatment

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

Major and minor depression as defined by DSM-IV diagnostic criteria

**Interventions**

Weekly group interpersonal psychotherapy for 16 weeks versus treatment as usual.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Changes from baseline in level of depression and anxiety assessed by psychiatrists blind to the group assignment status using the Hamilton Depression Scale and the Hamilton Anxiety Scale at baseline and again at 4 months and 10 months after enrolment.

**Key secondary outcome(s)**

Changes from baseline in the following at 4 months and 10 months after enrolment:

1. Self-report psychological status, assessed by Symptoms Check List [SCL-90]
2. Hopelessness, assessed by Beck Hopelessness Scale
3. Suicidal ideation, assessed by Beck Suicidal Ideation Scale
4. Quality of Life, assessed by our own scale

**Completion date**

31/05/2008

## Eligibility

### Key inclusion criteria

Potential subjects will be identified through community advertisements about the psychotherapy groups and about the criteria for entry into the groups. Persons who are 18 or older who express interest in the groups will be administered a structured clinical examination (Structured Clinical Interview for DSM-IV-TR [SCID]) by an attending-level psychiatrist to determine whether or not they meet DSM-IV diagnostic criteria of major depression or minor depression. Those who meet these diagnostic criteria and are able and willing to attend 16 weekly sessions will be enrolled in the study.

### Participant type(s)

Patient

### Healthy volunteers allowed

No

### Age group

Adult

### Lower age limit

18 Years

### Sex

Not Specified

### Key exclusion criteria

1. Persons who are not residents of Huairou County
2. Current suicidal ideation and a specific plan (who will be immediately referred to the local psychiatric hospital)
3. Physical disabilities that render them unable to attend the weekly psychotherapy sessions

### Date of first enrolment

07/01/2007

### Date of final enrolment

31/05/2008

## Locations

### Countries of recruitment

China

### Study participating centre

Beijing Hui Long Guan Hospital

Beijing

China  
100096

## Sponsor information

### Organisation

Beijing Suicide Reseach and Prevention Center (China)

## Funder(s)

### Funder type

Research organisation

### Funder Name

Beijing Suicide Research and Prevention Center (China)

### Funder Name

China Medical Board of New York (Ref : 02-777)

## Results and Publications

Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration