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# Telephone-administered cognitive behavioural therapy (CBT) for working adults

**Submission date**
31/07/2009

**Recruitment status**
No longer recruiting

**Registration date**
19/11/2009

**Overall study status**
Completed

**Last Edited**
07/02/2013

**Condition category**
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

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## Additional identifiers

## Study information

**Scientific Title**
Improving health and productivity: an exploratory randomised controlled trial (RCT) of delivery in an occupational setting

**Study objectives**

Telephone-based cognitive behavioural therapy is likely to represent a feasible and clincally effective service for working adults with mild/moderate mental health problems.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
University of Manchester Research Ethics Committee approved in October 2007 (ref: 07/1012 /NMSW)

## Primary study design
Interventional

## Study design
Pilot single centre randomised controlled trial

## Study type(s)
Quality of life

## Health condition(s) or problem(s) studied
Mild/moderate mental health difficulties

## Interventions
1. Usual care with 6-month follow-up
2. Usual care plus 12 sessions of telephone T-CBT delivered by graduate mental health workers, with 6-month follow-up

## Intervention Type
Other

## Phase
Not Applicable

## Primary outcome(s)
Mental health symptom severity quantified by the 34-item Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM) at baseline, 3 months and 6 months follow-up.

## Key secondary outcome(s)
1. Presence of anxiety and depressive-related symptoms quantified by the 14-item Hospital Anxiety and Depression Scale (HADS)
2. Self-rated functioning quantified by the Work and Social Adjustment Scale (WSAS)
3. Self-rated work productivity measured by the World Health Organization (WHO) Health and Work Performance Questionnaire

Measured at baseline, 3 months and 6 months follow-up.

## Completion date
01/10/2009

# Eligibility

### Key inclusion criteria
1. Working adults aged 18 years and greater, either sex
2. Employed by a large UK communications company
3. Registered as absent from work due to mild/moderate mental health difficulties
4. Currently on sick leave of between 8 and 90 days as authorised by GP certificate

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 Years

### Sex
All

### Key exclusion criteria
1. Severe or complex mental health problems (i.e. psychosis, post-traumatic stress disorder [PTSD], co-morbid personality disorder)
2. Degenerative cognitive disorders
3. Substance misuse
4. Active suicidal ideation or self-harm

### Date of first enrolment
01/02/2008

### Date of final enrolment
01/10/2009

# Locations

### Countries of recruitment
United Kingdom

England

### Study participating centre
### School of Nursing, Midwifery & Social Work
Manchester
United Kingdom
M13 9PL

# Sponsor information

**Organisation**
University of Manchester (UK)

**ROR**
https://ror.org/027m9bs27

# Funder(s)

**Funder type**
University/education

**Funder Name**
University of Manchester (UK) - School of Nursing, Midwifery and Social Work

# 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 | 01/05/2010 | | Yes | No |