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# A randomised controlled trial of Internet based cognitive behavioural psychotherapy for depression

| Submission date | Recruitment status | [X] Prospectively registered |
|---|---|---|
| 13/08/2004 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 08/11/2004 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 14/09/2009 | Mental and Behavioural Disorders | |

**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**

**Study objectives**

To evaluate the clinical and cost effectiveness of Internet based cognitive behavioural therapy (webCBT) for depression compared to a waiting list control in primary care. A qualitative study will be done as part of the trial to assess the acceptability of the intervention to patients and health care providers.

### 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
Depression

### Interventions
Intervention: Up to eight one hour sessions of cognitive behavioural therapy (CBT) delivered online by a qualified psychologist.

Control: The control group will be on a waiting list for CBT of 8 months and will receive 'usual care' from their GP. This may include pharmacological treatment but will not include psychotherapy.

### Intervention Type
Other

### Phase
Not Specified

### Primary outcome(s)
The Beck depression inventory score at 2 months adjusted for baseline.

### Key secondary outcome(s)
EQ5D and SF-12 at 8 months

### Completion date
30/09/2008

## Eligibility

### Key inclusion criteria

Patients with GP diagnosed depression in primary care. Diagnosis must be confirmed by standardised psychological measure.

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Not Specified

### Sex
Not Specified

### Key exclusion criteria
Does not match inclusion criteria

### Date of first enrolment
01/10/2005

### Date of final enrolment
30/09/2008

## Locations

### Countries of recruitment
United Kingdom

England

### Study participating centre
**Division of Primary Care**
Bristol
United Kingdom
BS6 6JL

## Sponsor information

### Organisation
University of Bristol (UK)

### ROR
https://ror.org/0524sp257

# Funder(s)

**Funder type**
Charity

**Funder Name**
BUPA Foundation (UK) (ref: 683/G14)

**Alternative Name(s)**

**Funding Body Type**
Private sector organisation

**Funding Body Subtype**
Trusts, charities, foundations (both public and private)

**Location**
United Kingdom

# 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 | 22/08/2009 | | Yes | No |