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Efficacy of self-help materials for anxiety and depression specifically adapted for use in prison: a pilot study

Submission date
28/09/2007

Recruitment status
No longer recruiting

Registration date
28/09/2007

Overall study status
Completed

Last Edited
24/01/2023

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

Protocol serial number
N0682184267

Study information

Scientific Title

Efficacy of self-help materials for anxiety and depression specifically adapted for use in prison: a pilot study

Study objectives
What is the response of prisoners with anxiety and/or depression to written self-help materials for mental health compared to usual treatment? This is in terms of symptom response and the prisoners attitudes to the self-help materials.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled pilot study

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Mental and Behavioural Disorders: Depression

Interventions
Prisoners that are eligible and accept their invite to participate will return to healthcare a week later to sign a consent form. The HADS (primary outcome measure) will determine allocation to either the depression or anxiety group (if scores are equivalent a simple question will be asked and ultimately depression will have priority (NICE, 2000). Within these groups blocked randomisation will determine if they are in the intervention (receive self-help) or control (delayed intervention) group. All participants will receive treatment as usual.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
HADS

Key secondary outcome(s)
Not provided at time of registration

Completion date
28/02/2007

Eligibility

Key inclusion criteria
Prisoners with symptoms of anxiety and/or depression.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Not Specified

Sex
Male

Key exclusion criteria
Not provided at time of registration

Date of first enrolment
29/07/2006

Date of final enrolment
28/02/2007

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Northumberland, Tyne & Wear NHS Trust
Morpeth
United Kingdom
NE61 2NU

Sponsor information

Organisation
Record Provided by the NHSTCT Register - 2007 Update - Department of Health

Funder(s)

Funder type
Government

Funder Name
Northumberland Care Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan
Not provided at time of registration

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	13/08/2009		Yes	No