

# Primary care evidence-based psychological interventions collaboration (PEP)

<b>Submission date</b> 30/11/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/03/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/05/2019	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> 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**  
Primary care evidence-based psychological interventions collaboration (PEP)

**Acronym**  
PEP

**Study objectives**

The objectives of this study are to examine whether general practitioners (GPs) who have completed training in cognitive behavioural therapy (CBT) demonstrate:

1. An increased knowledge of CBT
2. An increase in confidence and reported feasibility of delivering CBT in general practice
3. An improvement in the quality of CBT they deliver in simulated role-plays
4. Improved clinical outcomes for depressed patients

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Ethics approval has been obtained from the Monash University Standing Committee on Ethics in Research Involving Humans, reference numbers: 154 and 544

### **Study design**

This study is a randomised controlled trial of CBT training with general practitioners randomised to training and waitlisted (control) groups

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

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

Depressive disorder

### **Interventions**

Pre and post measures of knowledge, attitudes and practices (KAP) will be measured with questionnaires, as well as videotaped simulated consultations rated with standardised instruments to measure competence. Enrolled GPs will each recruit depressed patients who will be followed up for six months during the course of the study using a suite of quantitative outcome measures (PEP pack patient survey). A subset of these patients will be recruited for more in-depth qualitative interviews to assess consumers' and carers' experience of care.

The intervention group receive the CBT program which is a 20-hour face to face skills based program facilitated by specialist mental health care providers or GPs with independent mental health qualifications. Groups of 10-14 GPs per group participate in multiple role-play exercises guided by video-based skills demonstrations, and detailed GP or patient workbooks. The program specifically covers process issues such as integrating psychological skills into general practice, engaging the patient and structuring consultations, as well as specific content issues. The CBT program is an accredited level 2 training program with the Australian general practice mental health standards collaboration.

The control group receive no training initially but are waitlisted to subsequently receive the same training.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

GPs:

1. Improvement in knowledge
2. Attitudes and performance in simulated consultations

Patients:

1. Improvement in depressive symptoms
2. Quality of life and disability

### **Key secondary outcome(s)**

Comparison of pre-training GP knowledge and attitudes with performance in simulated consultations will be undertaken

### **Completion date**

31/12/2006

## **Eligibility**

### **Key inclusion criteria**

GPs:

1. Registered GPs in the state of Victoria, Australia

Patients:

1. 18-65 years old
2. Adequate English skills
3. Regular patient of the GP
4. GP diagnosis of depression
5. Patient health questionnaire (PHQ-9) score >10
6. GP intends to manage the patient's depressive illness

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Upper age limit**

65 years

### **Sex**

All

**Total final enrolment**

55

**Key exclusion criteria**

Patients:

1. Psychotic disorder
2. Personality disorder
3. Moderate or high suicide risk

**Date of first enrolment**

01/06/2004

**Date of final enrolment**

31/12/2006

**Locations****Countries of recruitment**

Australia

**Study participating centre**

200 Berkeley Street

Victoria

Australia

3053

**Sponsor information****Organisation**

The beyondblue Victorian Centre of Excellence in Depression and Related Disorders (Australia)

**ROR**

<https://ror.org/05mwvz623>

**Funder(s)****Funder type**

Government

**Funder Name**

The beyondblue Victorian Centre of Excellence in Depression and Related Disorders

# 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?
<a href="#">Results article</a>	results	16/06/2008	02/05/2019	Yes	No