

# Darwinian psychotherapy for depression

<b>Submission date</b> 10/06/2013	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 20/06/2013	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 16/06/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Depression affects almost 7% of the population and is the most important cause of disease burden in middle- and high-income countries. Psychotherapists normally focus on events within the lifespan of a patient and examine the immediate causes of depression. Recent advances in Evolutionary Psychology, however, propose that low mood has an adaptive function. Therefore the aim of this study is to test whether interventions on the evolutionary causes of depression are beneficial for patients.

### Who can participate?

Romanian-speaking adults diagnosed with increased levels of depressive symptoms are eligible to participate in this project.

### What does the study involve?

The participants are randomly allocated to receive either cognitive therapy or evolutionary-driven cognitive therapy for depression. Each group undergoes 12 free one-hour therapy sessions, one session per week. The participants are evaluated psychologically at the beginning, during and at the end of treatment.

### What are the possible benefits and risks of participating?

Cognitive behavioural therapy does not present known risks for the patients, most of whom will benefit from it, at least to some degree.

### Where is the study run from?

This project is run from the Department of Clinical Psychology and Psychotherapy, Babes-Bolyai University (Romania).

### When is the study starting and how long is it expected to run for?

The duration of the study is three years (November 2011 - November 2014).

### Who is funding the study?

The study is funded by the Romanian Authority for Scientific Research (Romania).

Who is the main contact?

Cezar Giosan

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## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

PN-II-ID PCE 2011-3-0230

## Study information

### Scientific Title

Darwinian psychotherapy: A clinical trial for an evolutionary-driven type of intervention for depression

### Study objectives

This study examines the efficiency of an evolutionary-driven cognitive therapy for depression, contrasted with classical cognitive therapy for depression.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Ethics Commission, Department of Clinical Psychology and Psychotherapy, Babes-Bolyai University, 05/05/2013, DCOMP: 31205/24.05.2013

### Primary study design

Interventional

### Study design

Uni-center randomized interventional study

### Study type(s)

Treatment

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

Depression

## **Interventions**

Experimental group: Evolutionary-driven cognitive therapy for depression (EB-CBT). This group receives 12 EB-CBT therapy sessions, one session per week.

Control group: Cognitive therapy for depression (CBT). This group receives 12 CBT therapy sessions, one session per week.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

1. Depressive symptomatology measured with the Beck Depression Inventory (BDI)
2. Depression diagnosis, assessed by the Structured Clinical Interview for DSM-IV (SCID).

Both primary outcomes measured at baseline, fourth, eight, 12th session, and three months after the completion of the treatment.

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

1. Perceptions about quality of life
2. Social and occupational functioning

Both secondary outcomes measured at baseline, fourth, eight, 12th session, and three months after the completion of the treatment.

## **Completion date**

30/09/2014

## **Eligibility**

### **Key inclusion criteria**

1. Romanian-speaking adults, either sex (18 years old and up) with elevated Beck Depression Inventory scores (>13)
2. Current diagnosis of Major Depressive Disorder or Episode with or without co morbid dysthymia

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

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Key exclusion criteria**

Participants presenting panic disorder, substance abuse, psychotic symptoms, organic brain disorders (e.g., dementia), imminent risk of suicide, self-injury or harming others, serious legal or health issues that would prevent from regularly attending are excluded.

**Date of first enrolment**

01/10/2011

**Date of final enrolment**

30/09/2014

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

Romania

United States of America

**Study participating centre**

33-40 88th Street

Jackson Heights

United States of America

11372

**Sponsor information****Organisation**

Romanian Authority for Scientific Research (Romania)

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

Research council

**Funder Name**

## 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="#">Protocol article</a>	protocol	19/03/2014		Yes	No
<a href="#">Basic results</a>		10/06/2020	16/06/2020	No	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes