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An evaluation of the effectiveness of an Internet-based cognitive behavioural therapy (CBT) website in reducing vulnerability to depression in adolescents

Submission date
22/08/2005

Recruitment status
No longer recruiting

Registration date
09/09/2005

Overall study status
Completed

Last Edited
30/03/2021

Condition category
Mental and Behavioural Disorders

[X] 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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0200

Additional identifiers

Study information

Scientific Title
An evaluation of the effectiveness of an Internet-based cognitive behavioural therapy (CBT) website in reducing vulnerability to depression in adolescents

Study objectives

This project aims to evaluate the effectiveness of an Internet-based program called MoodGYM in preventing depression and increasing resilience skills in young people aged 15-16 years. MoodGYM provides information, demonstrations and exercises designed to help users identify their proneness to mental health problems, gain information about how to address these problems and develop effective thinking strategies and coping skills. More specifically, we aim to investigate whether MoodGYM is effective in lowering depression, improving self-esteem, promoting a more positive thinking style, and lowering stigmatising attitudes to depression amongst adolescents. We will also consider MoodGYM's effects on help-seeking behaviours and alcohol use.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Primary study design
Interventional

Study design
Randomised controlled trial

Study type(s)
Not Specified

Health condition(s) or problem(s) studied
Depression and anxiety

Interventions
MoodGYM - an interactive, online, evidence-based depression prevention program versus no intervention. The 'no intervention' group will be offered MoodGYM after the final follow-up phase of the project.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Reduced depression and anxiety symptoms, increased self-esteem, more positive attributional style, increased help-seeking and reduced stigma towards depression.

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

Completion date
30/10/2006

Eligibility

Key inclusion criteria
Participants must:
1. Be students in Year 9 or 10
2. Have access to the Internet during class time
3. Be willing to participate in the study, as well as obtain parental consent

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Sex
All

Total final enrolment
1477

Key exclusion criteria
Poor literacy

Date of first enrolment
06/02/2006

Date of final enrolment
30/10/2006

Locations

Countries of recruitment
Australia

Study participating centre
Building 63, Eggleston Road
Canberra
Australia
0200

Sponsor information

Organisation
The Australian National University, Centre for Mental Health Research (Australia)

ROR
https://ror.org/019wvm592

Funder(s)

Funder type
Charity

Funder Name
Vincent Fairfax Family Foundation (Australia)

Funder Name
The Australian National University (Australia)

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		01/12/2009	30/03/2021	Yes	No