

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	<input checked="" type="checkbox"/> Prospectively registered
Registration date 09/09/2005	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 30/03/2021	Condition category 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
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

Study design

Randomised controlled trial

Primary study design

Interventional

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