

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

<b>Submission date</b> 22/08/2005	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 09/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 30/03/2021	<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

**Contact name**  
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Canberra  
Australia  
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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

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**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?
<a href="#">Results article</a>		01/12/2009	30/03/2021	Yes	No