

Psychotherapy for residual depression following initial treatment: effectiveness, relapse prevention and mechanisms of change

Submission date 16/01/2007	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 16/01/2007	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 22/11/2011	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

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

Acronym
STEP-D

Study objectives

Are Cognitive Behavioural Therapy (CBT) and InterPersonal Therapy (IPT) following initial treatment effective interventions that prevent relapse of recurrence of depression in the long-term? What are the mechanisms of change in CBT and IPT?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approval received from the local ethics committee (Medisch Ethische Commissie azM/UM) on the 5th December 2006 (ref: MEC 06-3-063).

Study design

Randomised, controlled, parallel group trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Depression

Interventions

1. Cognitive Behaviour Therapy (CBT), N=75
2. InterPersonal Therapy (IPT), N=75
3. Eight-week waiting list, N=30

CBT= max. 20 sessions

IPT= max. 20 sessions

All interventions are delivered by qualified therapists under supervision at the Academic Riagg Maastricht.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Depressive relapse/recurrence in the course of 24 months.

Key secondary outcome(s)

1. Severity of depression (BDI)
2. Psychological problems
3. Health care consumption
4. Explicit and implicit mechanism of change measures

Completion date

01/08/2011

Eligibility

Key inclusion criteria

1. One or more episodes of Major Depressive Disorder (MDD) in past two years
2. Initial treatment for depressive symptoms
3. Residual symptoms of depression (Beck Depression Inventory [BDI] more than or equal to ten)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

1. Chronic depression
2. Concurrent treatment for depression
3. Severe co-morbidity
4. Medical conditions that explain depressive symptoms

Date of first enrolment

01/08/2006

Date of final enrolment

01/08/2011

Locations

Countries of recruitment

Netherlands

Study participating centre

University Maastricht (UM)

Maastricht

Netherlands

6200 MD

Sponsor information

Organisation

University Maastricht (UM) (The Netherlands)

ROR

<https://ror.org/02jz4aj89>

Funder(s)

Funder type

University/education

Funder Name

University Maastricht (UM) (The Netherlands)

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?
Protocol article	protocol	14/06/2011		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes