

The treatment of anxiety and depression in primary care: a comparison of computer therapy, clinical psychology and GP treatment as usual

Submission date 12/09/2003	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 12/09/2003	Overall study status Completed	☐ Protocol
Last Edited 28/03/2018	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☐ Results
		☐ Individual participant data
		☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr Jim Nightingale

Contact details

West London Mental Health Trust
2 Wolverton Gardens
London
United Kingdom
W6 7DY
+44 (0)20 8846 7765
Jim.Nightingale@wlmht.nhs.uk

Additional identifiers

Protocol serial number

M0001095604

Study information

Scientific Title

The treatment of anxiety and depression in primary care: a comparison of computer therapy, clinical psychology and GP treatment as usual

Study objectives

To compare the efficacy of computer therapy for anxiety and depression with treatment provided by a clinical psychologist and GP treatment as usual. To compare the relative cost effectiveness of the computer and psychologist treatments.

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

Mental and Behavioural Disorders: Depression

Interventions

This is a randomised control trial. 90 consenting participants with depression and/or anxiety will be randomised to either treatment by the computer or to treatment by psychologists. The control group will comprise 45 matched patients in inner London who are receiving treatment as usual by GPs. Data from this group is being provided by collaborators at the Institute of Psychiatry.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Clinical effectiveness: measures assessing depression and anxiety at screening (assessment) and after 3 months.

Cost effectiveness: costs of the computer equipment, clinical psychologist's time and a research assistant's time will be calculated. Number of visits to the GP in the 3 months before and after the study will also be recorded.

Key secondary outcome(s)

Not provided at time of registration

Completion date

01/06/2005

Eligibility

Key inclusion criteria

The sample comprises referrals from local GPs within the Hammersmith and Fulham Primary Care Groups. Patients (N=90) with anxiety and/or depression who are referred for psychological interventions and who give their written consent will be entered into the study.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Does not match inclusion criteria

Date of first enrolment

01/04/2001

Date of final enrolment

01/06/2005

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

West London Mental Health Trust

London

United Kingdom

W6 7DY

Sponsor information

Organisation

Department of Health (UK)

Funder(s)**Funder type**

Research organisation

Funder Name

The West London Research Network (WeLReN) (UK)

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration